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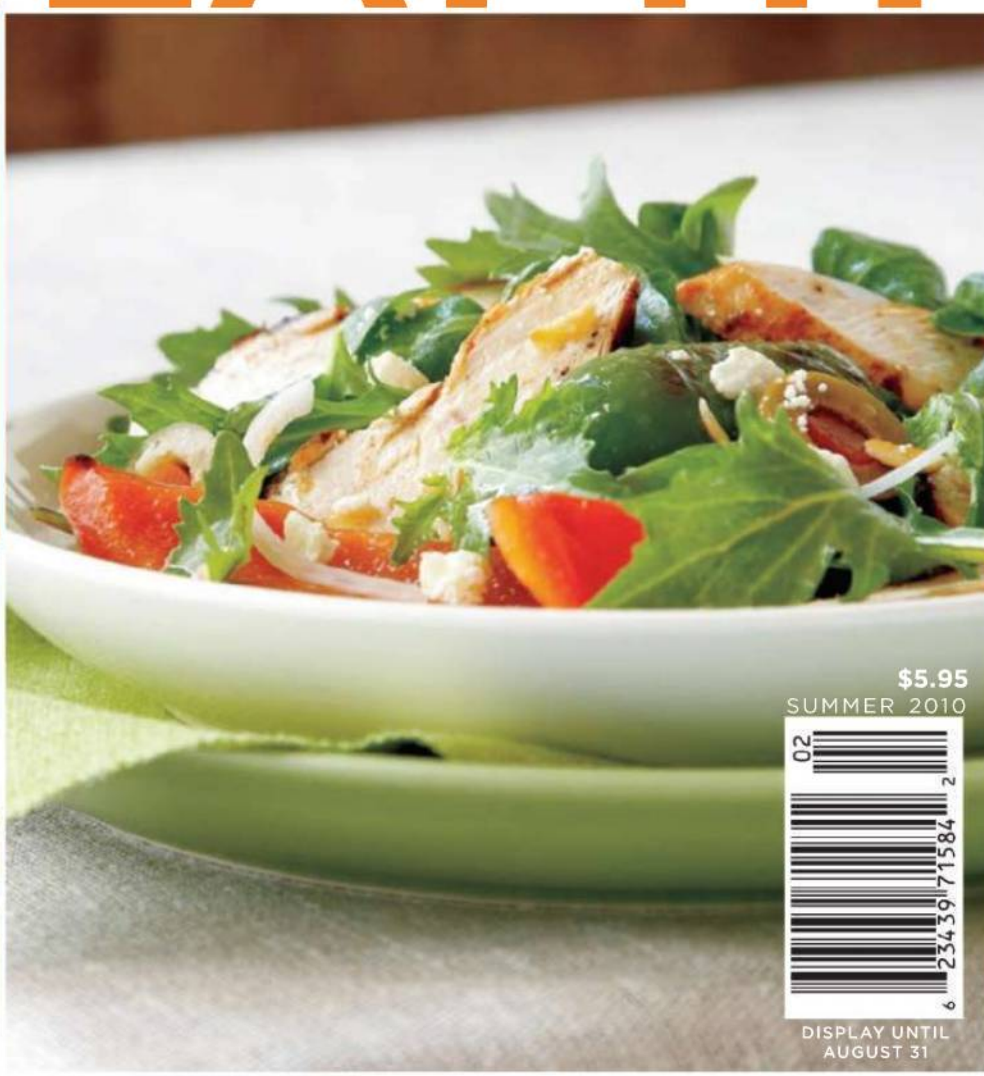
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PUBLICATION MAIL AGREEMENT # 40064924

REGISTRATION # 08967

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Grow Your Own

All across Canada, people have embraced the gardening revival like vines on a trellis. Seed sales are soaring, and we're digging up lawns in favour of patches of heirloom tomatoes or pickling cucumbers. In these tough economic times, when we're concerned about the origins of our food, it makes sense to grow our own.

The beauty is that anyone can grow a garden: in containers on a balcony, a little patch on a city lot, a community garden plot or a sprawling country backyard. All you need are good dirt, water and sunshine.

So much joy comes from the process. Planning is a challenge in timing and spacing. Choosing the plants is an exercise in restraint (they all look so tasty). Planting brings hope and the excitement of seeing the first seedlings poke through. And it keeps going until you bring your harvest into the kitchen to create the most delicious dishes you've ever tasted.

With tips and how-tos for beginners and seasoned green thumbs, and more than 115 inspiring recipes, this collection will help you enjoy getting your hands dirty in the garden. Wishing you a fun and fruitful (or vegetable-full) summer.

– Rheanna Kish, project editor

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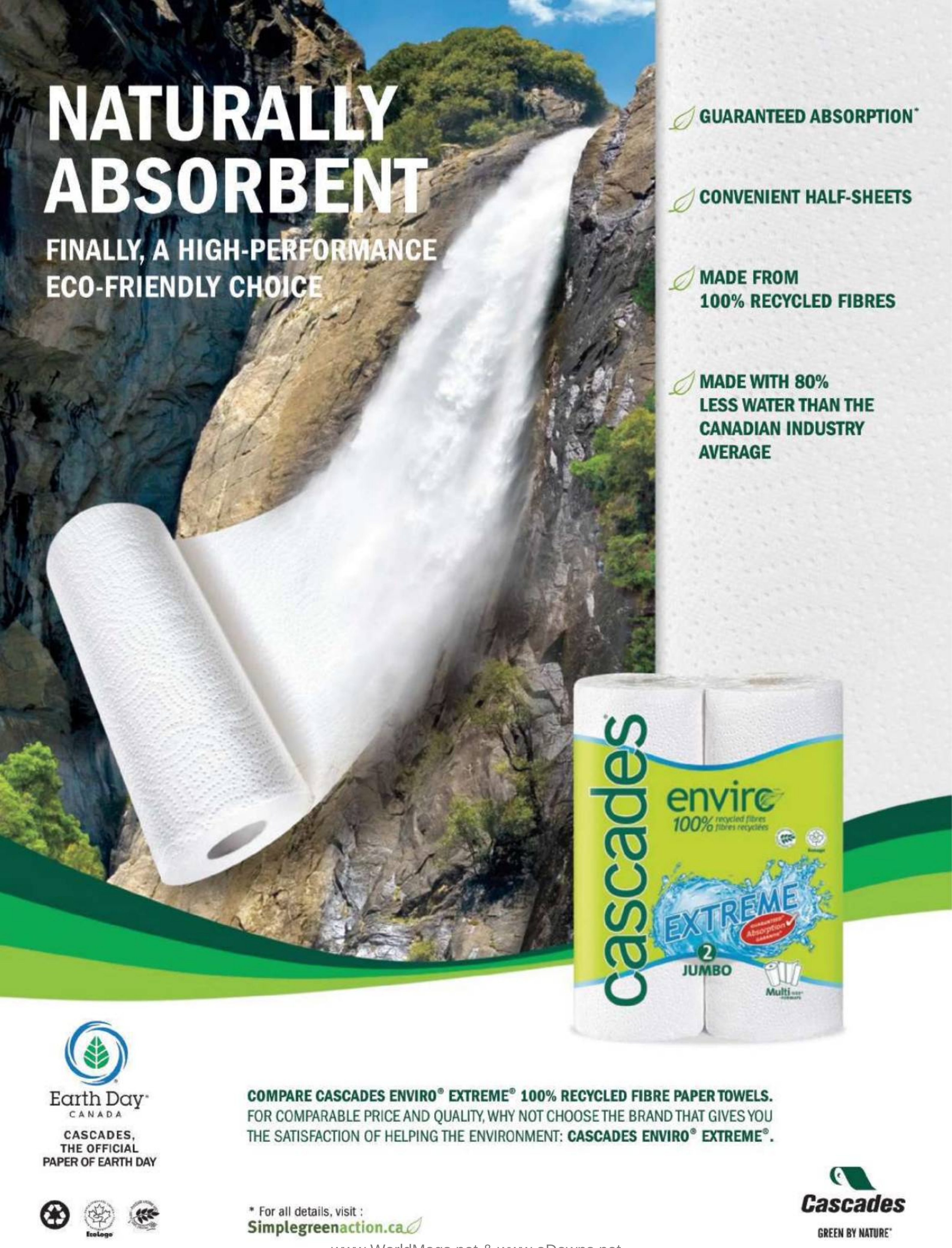
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CANADIAN LIVING MAGAZINE is published monthly by Transcontinental Media G.P., 25 Sheppard Ave. W., Suite 100, Toronto M2N 6S7, (416) 733-7600; in U.S.A., 400 Woodward Ave., Buffalo, N.Y. 14217. Printed at Transcontinental Printing G.P. RBW Graphics, 2049 20th St. E., Owen Sound, Ont., N4K 5R2. Distributed by Coast to Coast Newsstand Services. Postage paid at Gateway in Mississauga, Ont. Periodicals postage paid at Buffalo, N.Y. USPS 710-890. U.S. Postmaster, send address changes to Box 766, Buffalo, N.Y. 14240-0766. ISSN 0382-4624. Publication mail agreement #40064924. Registration #08967. Return undeliverable addresses to: Canadian Living, 25 Sheppard Ave. W., Suite 100, Toronto M2N 6S7. All reproduction requests must be made to: COPIBEC (paper reproductions) – (800) 717-2022, CEDROM-SNi (electronic reproductions) – (800) 563-5665. For subscriber service, call (905) 946-0275 weekdays, 9 a.m. to 5 p.m. Contents © 2010. All rights reserved. Materials submitted for consideration should be accompanied by a self-addressed stamped envelope. Publishers cannot accept responsibility for unsolicited materials. Cover price: $3.99. Subscriptions in Canada, one year $27.98 (plus tax). In the United States, one year $37 (payable in advance). In all other countries, one year $59 (payable in advance). Send subscription orders to Canadian Living, Subscription Dept., P.O. Box 816, Markham Station, Markham, Ont. L3P 7Z8. Subscribers, send address changes and inquiries to the above address, including mailing label from latest issue. Allow 6 weeks for corrections. Issues dating back to 2000, when available, can be purchased for $7 each; send request to P.O. Box 816, Markham Station, Markham, Ont. L3P 7Z8. Member, Audit Bureau of Circulations. We acknowledge the financial support of the Government of Canada through the Publications Assistance Program and the Canada Magazine Fund toward our mailing and editorial costs. Canada


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GARDEN BASICS



Starting a Vegetable Garden

BASIC GARDENING TOOLS

The most basic tools needed for gardening haven't changed for centuries. Invest in tools that feel well balanced when you pick them up, don't weigh too much and feel comfortable when gripped. The better the tool, the longer you will own and enjoy it. Here are some essentials you'll want to have.

- A square-ended spade and a round-ended shovel for digging.
- A garden fork for light digging and harvesting.
- A steel rake for breaking up soil.
- A hoe for weeding and cultivating.
- A trowel for planting and transplanting.
- A garden hose and a watering can.

CHOOSE A SPOT

- Start small, with an area two to three metres square, so that you don't get overwhelmed.
- Look for a level, sheltered site that's sunny for six to eight hours a day, and close enough to a faucet or rain barrel that watering won't be a problem.

PICK THE PLANTS

- List your favourite vegetables, then add a few that are hard to find or expensive at the market. Consider the amount each plant can produce; plan for preserving or freezing extras so nothing goes to waste.
- Look for varieties that are disease-resistant and early-harvest (a real plus with Canada's short growing season).
- For small spaces, choose compact, dwarf or bush hybrids; pass on corn.
- For lots of variety, buy directly from seed companies; most now have online shopping. A combination of seeds, homegrown seedlings and nursery plants may work best. Some vegetables thrive when sown outdoors; other varieties do better and yield faster when whole plants go into the garden.
- Keep co-planting, or companion planting, in mind. For example, for pest control, plant basil close to tomatoes; marigolds keep bugs away; borage attracts bees.

PLAN THE PLOT

- Draw a rough design (graph paper is great for this), consulting seed packets for spacing, spread and height information. Place tall plants along the northern edge of the plot so they don't shade short ones.
- Design plantings in single wide rows, staggered rows, in blocks or in raised beds (each about one square metre). You may want to plant a few rows of annual flowers to cut for bouquets, or devote a space in the garden for perennial herbs.
- Include permanent paths, 30 to 60 centimetres wide (a good idea, since soil gets compacted underfoot).
- Mulch with bark or straw, or lay stone or brick pavers.

PREPARE THE SOIL

- Be patient in the spring – working soggy soil compacts it, making it harder for plants to thrive. Squeeze a handful of soil; if it falls apart when you open your fingers, it's dry enough to dig.
- Measure and mark out the plot with stakes and string, then use a square-ended spade to cut it into a grid. Lift out each square of grass with a garden fork and shake off any soil. To deter weeds, you can push in metal or plastic edging around the perimeter.
- Using a garden fork and shovel, turn the soil to a depth of at least 30 centimetres, removing all roots. Cover with about three centimetres of composted manure, then work that in, adding compost and a few handfuls of bonemeal, if desired. Finish by raking the surface into a fine texture.

PLANT THE GARDEN

- Follow seed-packet instructions for planting, then tamp soil and keep it moist until plants are established.
- Plant homegrown or nursery plants on cool overcast days, if possible, to reduce transplant stress.
- Stake peas, beans and tomatoes; use branches, a fence, tomato cages, old hockey sticks or ski poles.
- Leave space for successive plantings, such as lettuce, to ensure a fresh supply, or a midsummer planting of corn or beets.
- In the following years, remember to rotate crops. Don't plant the same thing (or a related plant) in the same spot two years in a row.

WEED AND WATER

- Don't just storm over plants with a hose. Water directly on the soil around plants with a watering can or lay soaker hose along the rows. Either method conserves water and keeps plants dry, reducing mould and disease.
- To make it easy on plants, hand-pull or hoe weeds before they get big – half an hour a day should do it.


The most important
thing you can do
to your veggie garden?
Whip your soil into shape
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canadianliving.com/soil.



Take our quiz to see if you're ready to start your compost pile. Go to canadianliving.com/compostquiz.

SEEDS ONLINE

From organic to heirloom, artichokes to zucchini, there's an incredible variety of seeds that can be shipped right to your door. Check out these websites for inspiration.

•Stokes, **stokesseeds.com**
•Seeds of Diversity, **seeds.ca**
•Burpee, **burpee.com**
•Prairie Garden Seeds, **prseeds.ca**
•Richters, **richters.com**
•Salt Spring Seeds, **saltspringseeds.com**
•Stellar Seeds, **stellarseeds.com**
•West Coast Seeds, **westcoastseeds.com**

For a full listing of seed companies across Canada, go to canadianliving.com/seedcatalogues.

Clean Compost

The secret to having the most prolific vegetable garden is a compost pile yielding heaps of "black gold" every season. Clean compost improves garden soil without attracting critters or bugs – or even smelling bad. Here are some tips to get your own clean compost pile started.

•**Select the location based on function and aesthetics.** Choose a spot handy to both the garden and the kitchen, where most of the scraps come from. Be sure the site has good drainage and has a water source close by to keep it moist.

•**Choose the right bin.** Many different types of plastic composting bins are available at garden centres. They have closed lids and are ideal for urban environments. Rural dwellers can use open wooden bins if desired.

•**Be mindful of what you add.** Kitchen scraps, leaves and lawn trimmings are great. Avoid meat, bones, fats, pet and human waste, diseased plants, weeds and lawn trimmings that have been sprayed with chemicals.

•**Chop kitchen scraps into small pieces** before adding to the pile to speed decomposition.

•**To maintain a healthy compost pile,** turn it weekly with a garden fork and water regularly to keep it as moist as a wrung-out sponge.

•**Cover large additions of kitchen scraps** with dry leaves or dirt to keep pests away.

Container Gardening

Even if you don't have a backyard to dig into, some cared-for containers placed on the patio or deck can produce veggies just the same. Here are some tips to help you get started.

CONTAINERS

While any pot might do, some will be better than others for particular plants. Consider the porosity and drainage of each pot and talk with staff at your local garden shop to determine which type best suits your needs.

SOIL MIX

Growing plants in containers is much different than growing them directly in the ground. Plants in containers are dependent on the soil to be the optimal growing mix, because roots have much less space to creep around in to find the nutrients they need. Use potting soil, not topsoil or garden soil, which become too compacted and waterlogged in containers, suffocating the plants.

CHOOSING

Most vegetables can be grown in containers; some tried-and-true ones include tomatoes, lettuce, Swiss chard, sweet and hot peppers, and herbs. For other vegetables, look for varieties labelled bush, dwarf or compact, because these will fare better in small spaces.

LOCATION

Vegetables like sunshine, so select a location that gets at least six hours per day.

CARE

Plants in pots need regular watering. Keep surface moist by watering regularly, perhaps more than once a day in the heat of summer, instead of one soaking a week. Check for pests and disease; plants in pots can be affected by the same problems as those grown in the ground.



KNOW YOUR FROST DATES

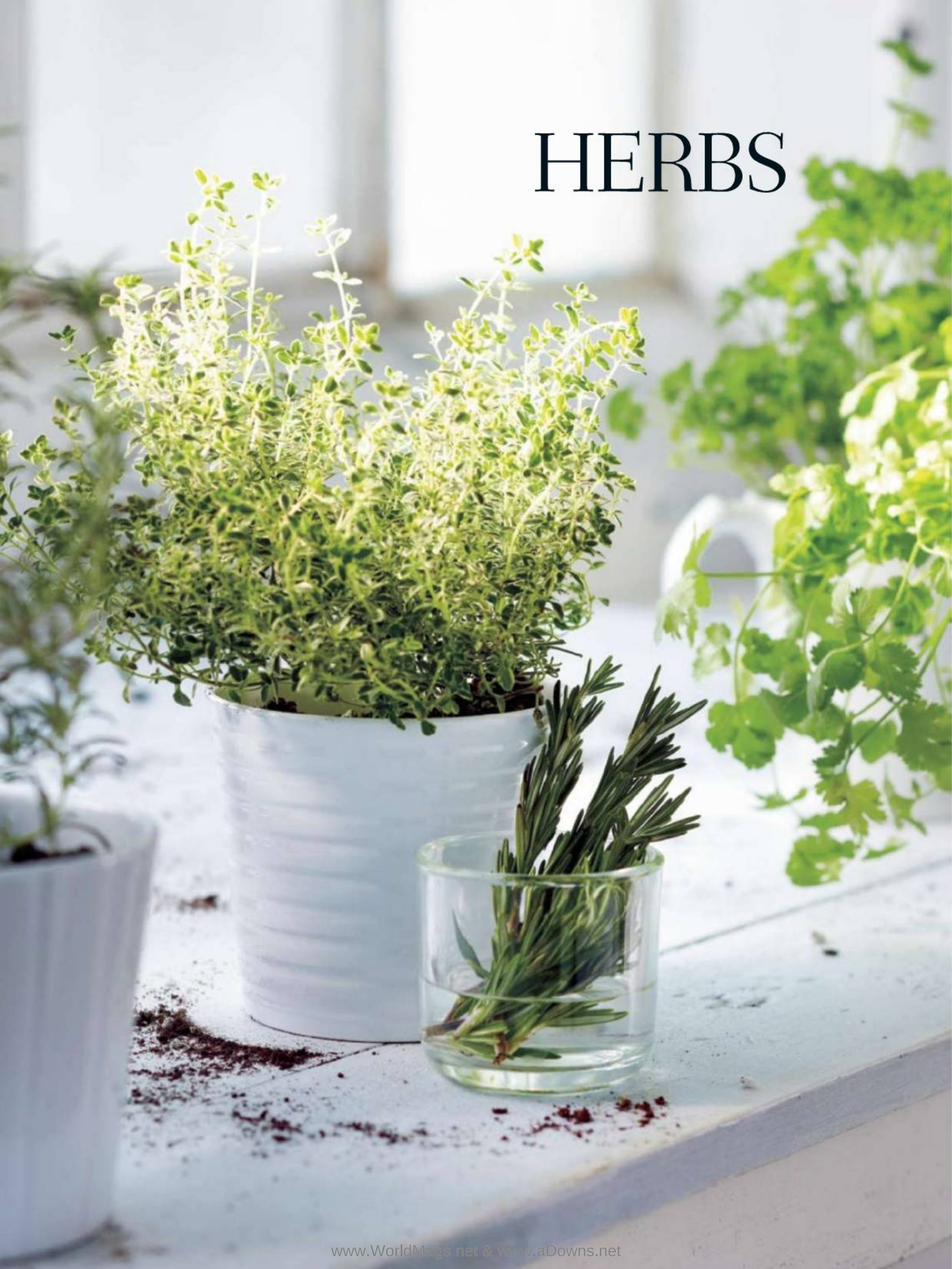
Canadian winters vary from coast to coast to coast, thus does the length of the growing season, which is the period from the last frost in spring to the first killing frost in fall. Knowing these dates for your region helps you determine when to plant seedlings, when to transplant and how long to stretch the growing season before harvest. Refer to seed-packet instructions for information for specific plants. Check almanac.com/content/frost-chart-canada for the frost dates for your region.

GET IN THE ZONE

The map of Plant Hardiness Zones from Agriculture Canada shows the different zones across the country where various plants will most likely survive. The map is based on the average climate conditions of each area. Use it to help determine which plants are best suited to your garden.


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HERBS





Basil grows best in a cool location with part shade to full sun and consistent moisture. Discover more basil-growing tips at canadianliving.com/basil.

GROWING HERBS

Growing herbs is a most practical pleasure. Not only are the plants culinarily useful, but each one also has a certain beauty and delightful aroma. Many people begin their gardening love affair with a small patch or pot of these easy-to-grow plants.

There are three categories of herb: annuals, biennials and perennials.

- **Annuals:** Soft-stemmed herbs (such as basil, chervil and coriander or cilantro) need to be reseeded or replanted every spring. Sow seeds of hardy annuals, such as chervil, as soon as the ground can be worked in early spring. For more tender annuals, such as basil, wait until all danger of frost has cleared.
- **Biennials:** Biennials, such as parsley, may survive into a second season (depending on the harshness of the winter) and then die.
- **Perennials:** Woody-stemmed plants (such as rosemary, thyme, sage and bay) are perennials, coming up each year in the same spot. Protect them over winter with a plastic-covered A-frame. Start seeds about one month before last frost date.

Regardless of type, herbs are not fussy about growing conditions; some (such as oregano) even prefer near-drought conditions similar to their Mediterranean origins. To be safe, though, and for guaranteed success, plant herbs in a sunny location in fertile, well-draining soil. For container gardening, keep soil moist, because pots dry out fast.

Basil Pesto

Prep: 3 minutes
Makes: 1 cup (250 mL)

½ cup (125 mL) grated **Parmesan cheese**
⅓ cup (75 mL) **pine nuts**
2 cloves **garlic,** halved
2½ cups (625 mL) packed **fresh basil leaves**
¼ tsp (1 mL) each **salt** and **pepper**
½ cup (125 mL) **extra-virgin olive oil**

In food processor, pulse together Parmesan cheese, pine nuts and garlic until coarse paste.

Add basil, salt and pepper; pulse 6 times. With motor running, add ⅓ cup (75 mL) of the oil in thin steady stream until smooth.

Place in airtight jar; top with remaining oil. Refrigerate for up to 3 days or freeze for up to 6 months.

PER 1 TBSP (15 ML): about 94 cal, 2 g pro, 10 g total fat (2 g sat. fat), 1 g carb, trace fibre, 3 mg chol, 84 mg sodium, 53 mg potassium. % RDI: 4% calcium, 4% iron, 4% vit A, 2% vit C, 3% folate.

VARIATIONS

Coriander or Parsley Pesto

Replace basil with coriander or parsley.

Mint Pesto

Omit Parmesan cheese. Replace basil with mint. Replace olive oil with canola oil.

Chive Vinegar

Prep: 3 minutes
Makes: 1½ cups (375 mL)

½ cup (125 mL) pieces (1 inch/ 2.5 cm) **fresh chives**
1 tsp (5 mL) **peppercorns**
1½ cups (375 mL) **white wine vinegar**

Place chives and peppercorns in heatproof jar; set aside.

In saucepan, heat vinegar just until boiling; pour over chives. Let cool to room temperature. Seal and refrigerate for 1 week.

Strain through cheesecloth-lined sieve into airtight jar; seal and refrigerate for up to 1 month.

PER 1 TBSP (15 ML): about 3 cal, 0 g pro, 0 g total fat (0 g sat. fat), trace carb, 0 g fibre, 0 mg chol, 1 mg sodium, 9 mg potassium. % RDI: 1% iron.

Tarragon Vinegar

Prep: 3 minutes
Makes: 1½ cups (375 mL)

½ cup (125 mL) **fresh tarragon leaves**
1 strip **lemon rind**
1½ cups (375 mL) **white wine vinegar**

Lightly crush tarragon leaves to bruise and release aroma and oil. Place in heatproof jar along with lemon rind; set aside.

In saucepan, heat vinegar just until boiling; pour over tarragon. Let cool to room temperature; discard lemon rind. Seal and refrigerate for 1 week.

Strain through cheesecloth-lined sieve into airtight jar; seal and refrigerate for up to 1 month.

PER 1 TBSP (15 ML): about 3 cal, 0 g pro, 0 g total fat (0 g sat. fat), trace carb, 0 g fibre, 0 mg chol, 1 mg sodium, 9 mg potassium. % RDI: 1% iron, 2% vit C.



The best known of all herbs, parsley (both curly and flat leaf) gives food delicious flavour and garnishes plates beautifully.

Mixed Herb Vinegar

Prep: 3 minutes
Makes: 1½ cups (375 mL)

¼ cup (50 mL) packed **fresh basil leaves**
8 sprigs **fresh thyme**
5 leaves **fresh sage**
1 sprig **fresh rosemary**
1½ cups (375 mL) **white wine vinegar**

Place basil, thyme, sage and rosemary in heatproof jar; set aside.

In saucepan, heat vinegar just until boiling; pour over herbs. Let cool to room temperature. Seal and refrigerate for 1 week.

Strain through cheesecloth-lined sieve into airtight jar; seal and refrigerate for up to 1 month.

PER 1 TBSP (15 ML): about 3 cal, 0 g pro, 0 g total fat (0 g sat. fat), trace carb, 0 g fibre, 0 mg chol, 1 mg sodium, 10 mg potassium. % RDI: 1% iron.

Fines Herbes Butter

Prep & Chill: 1 hour
Makes: ⅓ cup (75 mL)

* Serve rounds on grilled steak, chicken or fish, or toss with hot pasta.

⅓ cup (75 mL) **unsalted butter,** softened
1 tsp (5 mL) each chopped **fresh tarragon, chervil, chives** and **parsley**
Pinch each **salt** and **pepper**

In bowl, combine butter, tarragon, chervil, chives, parsley, salt and pepper.

Place butter mixture on square of plastic wrap; roll into log, twisting ends to seal. Refrigerate until firm, about 1 hour, or for up to 1 week.

Slice into rounds to serve.

PER 1 TSP (5 ML): about 34 cal, 0 g pro, 4 g total fat (2 g sat. fat), 0 g carb, 0 g fibre, 10 mg chol, 1 mg sodium, 3 mg potassium. % RDI: 4% vit A.

Lemon Dill Butter

Prep & Chill: 1 hour
Makes: about ⅓ cup (75 mL)

⅓ cup (75 mL) **unsalted butter,** softened
2 tbsp (25 mL) chopped **fresh dill**
½ tsp (2 mL) grated **lemon rind**
1 tsp (5 mL) **lemon juice**
Pinch each **salt** and **pepper**

In bowl, combine butter, dill, lemon rind, lemon juice, salt and pepper.

Place butter mixture on square of plastic wrap; roll into log, twisting ends to seal. Refrigerate until firm, about 1 hour, or for up to 1 week.

Slice into rounds to serve.

PER 1 TSP (5 ML): about 34 cal, 0 g pro, 4 g total fat (2 g sat. fat), 0 g carb, 0 g fibre, 10 mg chol, 1 mg sodium, 2 mg potassium. % RDI: 3% vit A.

Linguine with Walnuts, Parsley and Garlic Oil Sauce

Prep: 5 minutes **Cook:** 8 minutes **Makes:** 6 to 8 side dishes

3 tbsp (45 mL) **extra-virgin olive oil**
4 cloves **garlic,** thinly sliced
2 **anchovy fillets,** chopped
½ tsp (2 mL) **hot pepper flakes**
1 cup (250 mL) finely chopped **fresh parsley**
½ cup (125 mL) **walnuts,** coarsely chopped
12 oz (375 g) **linguine**

In large shallow saucepan, heat oil over medium heat; cook garlic, anchovies and hot pepper flakes, stirring occasionally, until aromatic, about 4 minutes.

Add parsley and walnuts; cook, stirring to coat, for 3 minutes.

Meanwhile, in large pot of boiling salted water, cook pasta until al dente, 8 to 10 minutes. Drain and return to pot, reserving 1 cup (250 mL) pasta water.

Add parsley mixture and reserved water; toss to coat.

PER EACH OF 8 SERVINGS: about 258 cal, 7 g pro, 11 g total fat (1 g sat. fat), 34 g carb, 3 g fibre, 1 mg chol, 200 mg sodium. % RDI: 3% calcium, 17% iron, 7% vit A, 15% vit C, 47% folate.



Mixed Herb-and-Garlic Butter

Prep & Chill: 1 hour
Makes: about ⅓ cup (75 mL)

⅓ cup (75 mL) **unsalted butter,** softened
1 clove **garlic,** pressed
2 tsp (10 mL) each chopped **fresh rosemary** and **sage**
1 tsp (5 mL) chopped **fresh parsley**
Pinch each **salt** and **pepper**

In bowl, combine butter, garlic, rosemary, sage, parsley, salt and pepper.

Place butter mixture on square of plastic wrap; roll into log, twisting ends to seal. Refrigerate until firm, about 1 hour, or for up to 1 week.

Slice into rounds to serve.

PER 1 TSP (5 mL): about 34 cal, trace pro, 4 g total fat (2 g sat. fat), trace carb, 0 g fibre, 10 mg chol, 1 mg sodium, 3 mg potassium. % RDI: 4% vit A.

Fines Herbes Omelette

Prep: 3 minutes
Cook: 2 minutes
Makes: 2 servings

3 **eggs**
1 tbsp (15 mL) **water**
Pinch each **salt** and **pepper**
2 tsp (10 mL) **butter**
1 tsp (5 mL) each chopped **fresh chervil, parsley, tarragon** and **chives** »

Dill repels aphids, cabbage moths and spider mites, and provides food for swallowtail butterfly larvae. Use it fresh or dried to flavour meats, fish, poultry, salads, eggs and potatoes. Use dill flowers in pickling.



HELPFUL HERBS

Whether it's workmates, friends or family, good company seems to make life better. The same is true with plants – the right companions help the garden stay happy. Herbs look good, taste great and – paired with the appropriate plants – can keep your garden almost carefree. Many repel pests, even as they attract birds and other beneficial visitors.

- **Basil** beside tomatoes improves their growth and flavour and repels tomato hornworms and thrips. Use in tomato sauces and pestos.
- **Chives** improve the taste of carrots and tomatoes, help deter aphids on sunflowers and tomatoes, reduce black spots on roses, and control apple scab. Chop fresh chives into salads, and egg and potato dishes.
- **Lavender** attracts pollinators, such as bees and butterflies, and helps deter mice, moths, rabbits, mosquitoes and ticks.
- **Mint** (watch its invasive tendencies!) is a great companion for cabbage and tomatoes since it helps repel ants, cabbage moths, flea beetles and rodents. Use fresh mint in hot and cold teas, and to flavour meats.
- **Oregano,** a friend to broccoli, cabbage and cauliflower, protects against cabbage butterflies and scares away cucumber beetles. Use fresh or dried in dishes with Italian, Spanish and Mexican flavours.
- **Thyme** is a longtime enemy of cabbage worms. Use whole sprigs in soups and stocks, and to flavour meats and poultry. It's great with egg and cheese dishes.



Be sure to choose a lavender cultivar that is hardy to your area. For growing and harvesting tips, head to canadianliving.com/lavender.

In bowl, whisk together eggs, water, salt and pepper just until blended but not frothy.

In 8-inch (20 cm) skillet, melt butter over medium-high heat; pour in egg mixture, making figure eight with spatula to combine.

Sprinkle with chervil, parsley, tarragon and chives; cook until almost set, gently lifting edge with spatula to allow uncooked eggs to flow underneath, 2 to 3 minutes. Fold in half to serve.

PER SERVING: about 144 cal, 9 g pro, 11 g total fat (5 g sat. fat), 1 g carb, trace fibre, 289 mg chol, 119 mg sodium, 106 mg potassium. % RDI: 4% calcium, 6% iron, 15% vit A, 2% vit C, 17% folate.

Potato Persillade Salad

Prep: 10 minutes
Cook: 20 minutes
Makes: 8 servings

3 lb (1.5 kg) **potatoes,** peeled
4 **green onions,** thinly sliced

PERSILLADE SAUCE:
1 cup (250 mL) loosely packed **fresh parsley**
⅓ cup (75 mL) **extra-virgin olive oil**
1 clove **garlic,** minced
2 tbsp (25 mL) **lemon juice**
½ tsp (2 mL) each **salt** and **pepper**

PERSILLADE SAUCE: In food processor, process together parsley, oil, garlic, lemon juice, salt and pepper until fairly smooth. Set aside.

In large pot of boiling salted water, cover and cook potatoes until tender, 20 to 25 minutes. Drain and let cool slightly. Cut into chunks.

In bowl, toss potatoes with green onions. Pour sauce over top; toss to coat.

PER SERVING: about 203 cal, 3 g pro, 9 g total fat (1 g sat. fat), 29 g carb, 2 g fibre, 0 mg chol, 478 mg sodium. % RDI: 3% calcium, 8% iron, 7% vit A, 38% vit C, 13% folate.

Beer and Bacon-Steamed Mussels

Prep: 20 minutes
Cook: 10 minutes
Makes: 4 servings of 12 mussels each

2 lb (1 kg) **mussels** (about 48)
1 tbsp (15 mL) **butter**
1 slice **thick-cut bacon,** chopped
1 rib **celery,** diced
Half small **onion,** diced
1 **bay leaf**
Quarter **lemon**
1 bottle (341 mL) **beer**
2 tbsp (25 mL) each minced **lovage** (or celery leaves) and **parsley**

Rinse mussels, pulling off any beards. Discard any mussels that do not close when tapped. Set aside.

In large shallow Dutch oven, melt butter over medium heat; cook bacon, celery, onion and bay leaf, stirring occasionally, until vegetables are softened, about 5 minutes.

Squeeze juice from lemon into pan; add lemon rind. Add beer and bring to boil.

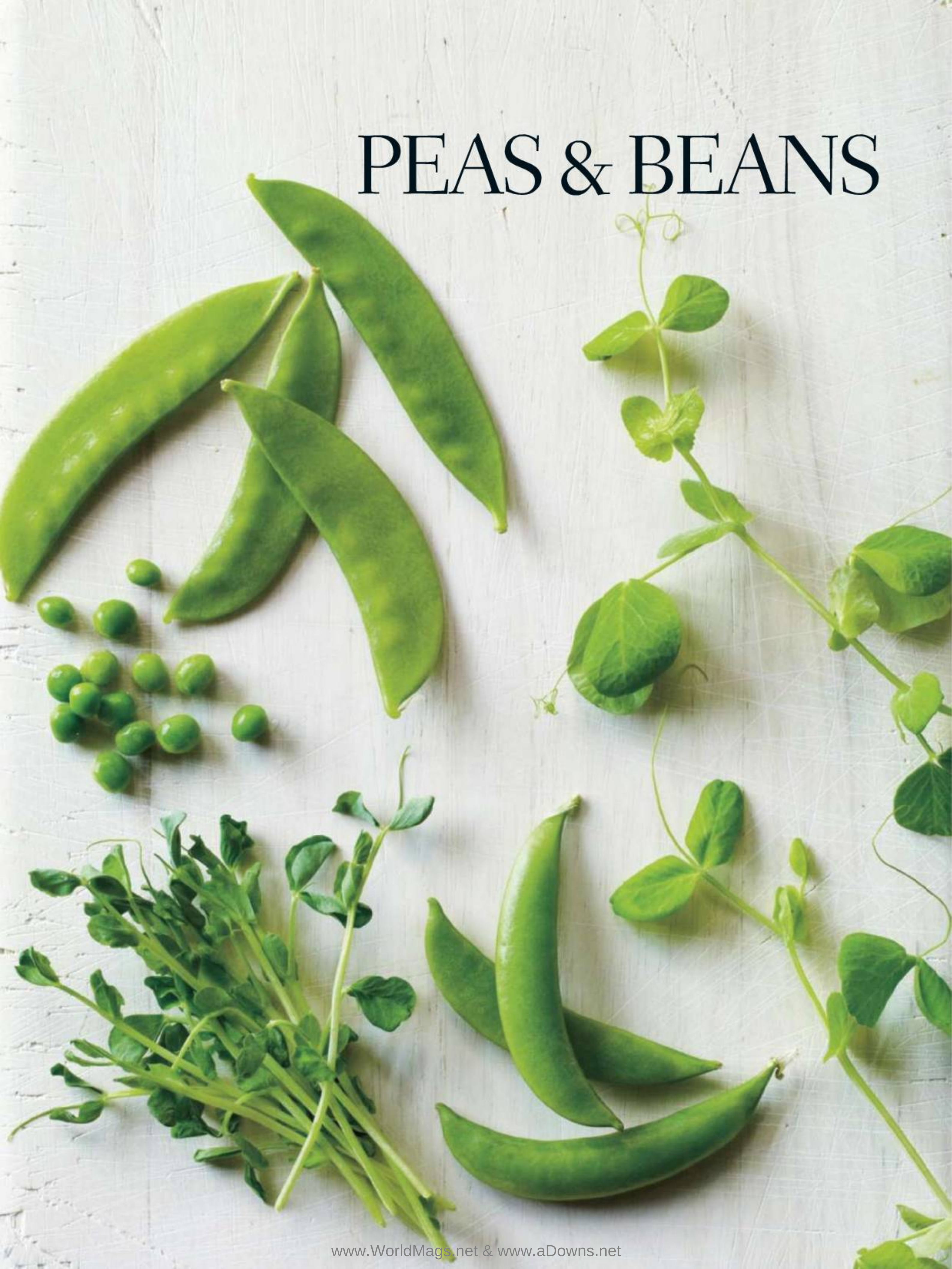
Add mussels; reduce heat, cover and simmer until mussels open, 5 to 8 minutes. Discard any that do not open. Discard lemon and bay leaf. Stir in lovage and parsley.

PER SERVING: about 144 cal, 9 g pro, 9 g total fat (3 g sat. fat), 9 g carb, 2 g fibre, 30 mg chol, 270 mg sodium, 309 mg potassium. % RDI: 3% calcium, 18% iron, 9% vit A, 15% vit C, 15% folate.



Beer and
Bacon-Steamed Mussels

PEAS & BEANS





Smashed Pea Crostini

Smashed Pea Crostini

Prep: 10 minutes
Cook: 4 minutes
Makes: about 40 pieces

1 **baguette** (about 24 inches/60 cm)
⅓ cup (75 mL) **extra-virgin olive oil**
1 cup (250 mL) **fresh peas**
1 cup (250 mL) **ricotta cheese**
¼ cup (50 mL) finely grated **Parmesan cheese**
3 tbsp (45 mL) packed **fresh mint leaves**
2 tsp (10 mL) **lemon juice**
1 clove **garlic,** minced (optional)
½ tsp (2 mL) each **salt** and **pepper**
2 oz (60 g) **Parmesan cheese,** cut into shavings

Cut baguette into ½-inch (1 cm) thick slices; arrange on baking sheet. Brush with 2 tbsp (25 mL) of the oil. Broil, turning once, until golden and crisp, about 2 minutes. Set aside.

In saucepan of boiling salted water, cook peas just until tender, 2 to 3 minutes. Drain and chill in ice water; drain well.

In food processor, purée together ricotta, remaining oil, grated Parmesan, mint, lemon juice, garlic (if using), salt and pepper. Pulse in peas until crushed but still chunky.

Top each crostini with some of the pea mixture. Garnish with Parmesan cheese shavings.

PER PIECE: about 56 cal, 2 g pro, 3 g total fat (1 g sat. fat), 4 g carb, 1 g fibre, 5 mg chol, 114 mg sodium, 28 mg potassium. % RDI: 4% calcium, 2% iron, 2% vit A, 2% vit C, 4% folate.

Chilled Pea Soup with Chives and Lemon

Prep & Chill: 45 minutes
Cook: 10 minutes
Makes: 6 servings

2 tbsp (25 mL) **canola oil**
Half **sweet onion,** chopped
¼ tsp (1 mL) each **salt** and **pepper**
2 tbsp (25 mL) **all-purpose flour**
4 cups (1 L) **chicken broth** or vegetable broth
4 cups (1 L) **fresh peas**
½ cup (125 mL) chopped **fresh chives**
½ tsp (2 mL) grated **lemon rind**
2 tbsp (25 mL) **lemon juice**
6 thin slices **lemon**

In saucepan, heat oil over medium heat; cook onion, salt and pepper, stirring occasionally, until softened, about 5 minutes.

Add flour; cook, stirring, for 1 minute. Whisk in broth. Add peas and bring to boil; reduce heat and simmer, stirring occasionally, until tender, about 10 minutes.

In batches, purée in blender or food processor until smooth. Stir in ⅓ cup (75 mL) of the chives, lemon rind and lemon juice; let cool for 30 minutes. Refrigerate until cold.

Serve garnished with lemon slices and remaining chives.

PER SERVING: about 169 cal, 9 g pro, 6 g total fat (1 g sat. fat), 21 g carb, 7 g fibre, 0 mg chol, 618 mg sodium. % RDI: 4% calcium, 15% iron, 7% vit A, 32% vit C, 33% folate.

Pea and Arugula Soup

Prep: 6 minutes
Cook: 10 minutes
Makes: 6 servings

3 cups (750 mL) lightly packed **arugula leaves**
4 cups (1 L) **sodium-reduced chicken broth** or vegetable broth
4 cups (1 L) **fresh peas**
6 cloves **garlic**
4 **green onions,** chopped
¼ tsp (1 mL) each **salt** and **pepper**
⅓ cup (75 mL) 18% **cream**

Pick out 12 of the smallest arugula leaves and set aside for garnish.

In saucepan, bring broth to boil; add peas, garlic, onions, salt and pepper. Reduce heat, cover and simmer until peas are tender, about 10 minutes. Add arugula; stir until wilted.

In batches, purée in blender or food processor until smooth. Return to saucepan; bring to simmer.

Ladle into bowls; stir in cream to create swirls. Garnish with reserved arugula leaves.

PER SERVING: about 143 cal, 10 g pro, 4 g total fat (2 g sat. fat), 18 g carb, 7 g fibre, 8 mg chol, 632 mg sodium. % RDI: 9% calcium, 17% iron, 14% vit A, 30% vit C, 39% folate.

Garden-fresh peas are one of the sweetest and earliest pleasures of the season.



Fiddlehead, Pea and Asparagus Salad with Mint Vinaigrette

Prep: 10 minutes
Cook: 10 minutes
Makes: 4 servings

1 cup (250 mL) **fresh peas**
12 spears **asparagus,** cut into 5-inch (12 cm) lengths
3 cups (750 mL) **fiddleheads**
3 tbsp (45 mL) **extra-virgin olive oil**
2 tbsp (25 mL) **lemon juice**
¼ tsp (1 mL) **granulated sugar**
Pinch each **salt** and **pepper**
¼ cup (50 mL) packed **fresh mint,** chopped
¼ cup (50 mL) crumbled **goat cheese**

In large pot of boiling salted water, blanch peas until tender, 1 to 4 minutes. With slotted spoon, transfer to large bowl of ice water; set aside.

In same pot, blanch asparagus until tender-crisp, about 3 minutes. With slotted spoon, add to peas.

In same pot, blanch fiddleheads for 5 minutes. Drain and add to peas.

Drain vegetables and pat dry. Halve asparagus spears lengthwise.

In large bowl, whisk together oil, lemon juice, sugar, salt and pepper; stir in mint. Add fiddlehead mixture; toss to combine. Sprinkle with goat cheese.

PER SERVING: about 188 cal, 9 g pro, 13 g total fat (3 g sat. fat), 13 g carb, 4 g fibre, 4 mg chol, 437 mg sodium. % RDI: 7% calcium, 21% iron, 42% vit A, 45% vit C, 44% folate.

Steamed Fingerling Potatoes and Sugar Snap Peas with Mint

Prep: 5 minutes
Cook: 15 minutes
Makes: 6 servings

24 **fingerling potatoes** or small new potatoes (1¼ lb/625 g)
3 cups (750 mL) **sugar snap peas,** trimmed
2 tbsp (25 mL) shredded **fresh mint**
2 tbsp (25 mL) **butter**
¼ tsp (1 mL) each **salt** and **pepper**

In steamer basket, cover and steam potatoes for 10 minutes.

Add peas; cover and steam until potatoes are tender and peas are tender-crisp, about 5 minutes. Transfer to serving bowl.

Add mint, butter, salt and pepper; toss to coat.

PER SERVING: about 138 cal, 4 g pro, 4 g total fat (3 g sat. fat), 22 g carb, 4 g fibre, 10 mg chol, 129 mg sodium. % RDI: 2% calcium, 11% iron, 8% vit A, 37% vit C, 16% folate.

Three-Pea Salad

Prep: 8 minutes
Cook: 2 minutes
Makes: 6 servings

1 cup (250 mL) **fresh peas**
1 lb (500 g) **sugar snap peas,** trimmed
2 tbsp (25 mL) **white balsamic vinegar** or wine vinegar
2 tsp (10 mL) **liquid honey**
Pinch each **salt** and **pepper**
¼ cup (50 mL) **extra-virgin olive oil**
6 **radishes,** thinly sliced
3 **green onions,** thinly sliced
4 cups (1 L) trimmed **fresh pea tendrils** or watercress
¾ cup (175 mL) crumbled **feta cheese**

In saucepan of boiling salted water, cook fresh peas until tender-crisp, 1 to 4 minutes.

Add sugar snap peas; cook just until tender, about 1 minute. Drain and chill in ice water; drain well and set aside.

In bowl, whisk together vinegar, honey, salt and pepper; drizzle in olive oil, whisking constantly until blended.

In large bowl, combine peas, radishes, onions and tendrils; toss with dressing. Add feta and toss.

PER SERVING: about 196 cal, 7 g pro, 13 g total fat (4 g sat. fat), 13 g carb, 4 g fibre, 7 mg chol, 444 mg sodium, 365 mg potassium. % RDI: 15% calcium, 15% iron, 23% vit A, 82% vit C, 23% folate.

Pea and Saffron Risotto

Prep: 5 minutes
Cook: 22 minutes
Makes: 4 servings

2 **green onions**
2 cups (500 mL) **sodium-reduced chicken broth**
Pinch **saffron**
2 tbsp (25 mL) **extra-virgin olive oil**
1 tbsp (15 mL) **butter**
1 clove **garlic,** minced
1 cup (250 mL) **arborio rice**
⅓ cup (75 mL) **dry white wine**
¾ cup (175 mL) cooked **fresh peas** or thawed peas
½ cup (125 mL) grated **Parmesan cheese**

Chop green onions, keeping white and green parts separate. Set aside.

In small saucepan, bring broth and 1 cup (250 mL) water to boil. Add saffron; reduce heat and keep warm.

In risotto pan or large saucepan, heat half of the oil and the butter over medium heat; cook white part of onions and garlic for 1 minute. Stir in rice; cook, stirring, for 2 minutes.

Add wine; cook, stirring, until no liquid remains, about 1 minute.

Add hot broth, ½ cup (125 mL) at a time, stirring constantly after each addition and stirring in saffron liquid with last addition, until almost no liquid remains before adding next, about 18 minutes total. Remove from heat.

Stir in peas and Parmesan cheese.

PER SERVING: about 315 cal, 7 g pro, 11 g total fat (3 g sat. fat), 45 g carb, 2 g fibre, 8 mg chol, 443 mg sodium. % RDI: 3% calcium, 1% iron, 5% vit A, 8% vit C, 12% folate.

GROWING PEAS

Peas are considered a cold-weather crop (planted in early spring and quick to mature), so once they're harvested, a late-season crop such as cabbage can be sown in their place to get the maximum use of the space.

There are two major types of peas: green peas and edible-pod varieties (sugar snap or snow peas). Regardless of type (even dwarf varieties), peas grow on vines that need support with a trellis or netting fitted between stakes. Set supports in place before planting.

Dig and plant the pea patch, following seed-packet instructions for depth and spacing, as soon as the ground has thawed. Look for seeds that have been treated with fungicide to prevent seed rot in cold, wet soil. Peas like moist, well-draining soil and will grow in full sun or partial shade. Hook climbing tendrils through or around the supports as they grow to keep them moving upward. Water as needed at soil level to prevent fungal disease.

Peas are best harvested when young and tender. Leaving them too long on the vine can turn even the tenderest of peas into a tough nut. Harvest regularly, checking the lowest pods most often, because they mature first.

For more advice on planting peas, go to canadianliving.com/easypeas.



Seared Scallops with
Bacon and Peas

Seared Scallops with Bacon and Peas

Prep: 10 minutes
Cook: 12 minutes
Makes: 4 servings

1 cup (250 mL) **fresh peas**
6 oz (175 g) **sugar snap peas,** trimmed
6 slices **bacon,** quartered
¼ tsp (1 mL) **pepper**
16 **sea scallops** (about 14 oz/400 g)
¼ tsp (1 mL) **salt**
1 tbsp (15 mL) each **butter** and **extra-virgin olive oil**
⅓ cup (75 mL) finely chopped **shallots**
¼ cup (50 mL) **dry white vermouth** or sodium-reduced chicken broth
½ cup (125 mL) **sodium-reduced chicken broth**
¼ cup (50 mL) **whipping cream**
2 tsp (10 mL) **Dijon mustard**
4 tsp (20 mL) chopped **fresh tarragon**
1½ tsp (7 mL) **lemon juice**

In saucepan of boiling salted water, cook fresh peas for 1½ minutes.

Add sugar snap peas; cook just until tender, about 1 minute. Drain and chill in ice water; drain well and return to saucepan. Set aside.

In skillet, cook bacon over medium heat until crisp. Add to peas along with 1 tbsp (15 mL) pan drippings and pepper.

Remove tough muscle from side of each scallop (if necessary); pat scallops dry. Sprinkle with salt.

In clean skillet, melt half each of the butter and oil over medium-high heat; sear scallops, in 2 batches, using remaining butter and oil and turning once, until golden brown, 2 minutes. Remove and set aside.

Add shallots to skillet; cook over medium-low heat until softened, about 2 minutes.

Add vermouth and bring to boil; reduce heat and simmer, scraping up any browned bits, until reduced by half, about 1 minute.

Whisk in broth, cream and mustard; bring to boil. Reduce heat and simmer until thickened and reduced by half, about 1 minute.

Return scallops and any juices to skillet; stir in tarragon and simmer just until scallops are opaque inside, about 1 minute.

Reheat pea mixture over medium-high heat; stir in lemon juice. Spoon onto each plate; top with scallops and sauce.

PER SERVING: about 348 cal, 25 g pro, 20 g total fat (8 g sat. fat), 16 g carb, 4 g fibre, 73 mg chol, 1,138 mg sodium, 653 mg potassium. % RDI: 8% calcium, 19% iron, 17% vit A, 43% vit C, 21% folate.

Pasta with Peas and Bacon

Prep: 10 minutes
Cook: 20 minutes
Makes: 4 servings

2 **tomatoes**
6 slices **thick-cut bacon**
2 tbsp (25 mL) **butter**
2 **shallots,** thinly sliced
½ tsp (2 mL) **pepper**
Pinch each **salt** and **hot pepper flakes**
2 cups (500 mL) **fresh peas**
1 clove **garlic,** thinly sliced
2 tbsp (25 mL) each chopped **fresh chives** and **parsley**
12 oz (375 g) medium or small **shell pasta**
⅓ cup (75 mL) grated **Parmesan cheese**

Cut X through skin on bottom of tomatoes; blanch in boiling water for 15 seconds. Transfer to bowl of cold water; let cool. Peel off skins; quarter, seed and dice tomatoes. Set aside. »

In skillet, cook bacon over medium heat until crisp and golden, about 8 minutes. Drain on paper towel–lined plate; coarsely chop and set aside. Drain all but 1 tbsp (15 mL) fat from pan.

In same skillet, melt butter over medium heat; cook shallots, pepper, salt and hot pepper flakes, stirring occasionally, until softened, about 5 minutes.

Stir in peas, garlic, tomatoes, bacon and ⅓ cup (75 mL) water; bring to boil. Reduce heat, cover and simmer until peas are tender, about 5 minutes.

Stir in chives and parsley; cook for 1 minute.

Meanwhile, in large pot of boiling salted water, cook pasta until al dente, about 10 minutes. Drain and return to pot, reserving ½ cup (125 mL) of the cooking liquid. Add pea mixture and toss, adding as much of the reserved cooking liquid as needed to coat pasta. Sprinkle with Parmesan cheese.

PER SERVING: about 568 cal, 23 g pro, 18 g total fat (8 g sat. fat), 78 g carb, 9 g fibre, 39 mg chol, 678 mg sodium, 498 mg potassium. % RDI: 13% calcium, 35% iron, 19% vit A, 32% vit C, 104% folate.

Beans are a favourite in the garden because they are easy to grow and produce many beans per plant.



Pork and Snow Pea Stir-Fry with Cashews

Prep & Stand: 30 minutes
Cook: 10 minutes
Makes: 6 servings

- 3 tbsp (45 mL) **sodium-reduced soy sauce**
- 2 tbsp (25 mL) **dry sherry** or sodium-reduced chicken broth
- 4 tsp (20 mL) **cornstarch**
- 1 tbsp (15 mL) **granulated sugar**
- 2 tsp (10 mL) **sesame oil**
- 1 tsp (5 mL) **sherry vinegar** or cider vinegar
- 1 lb (500 g) **pork tenderloin,** thinly sliced and cut into ½-inch (1 cm) wide strips
- 2 tbsp (25 mL) **vegetable oil**
- 2 cloves **garlic,** minced
- 2 tsp (10 mL) grated **gingerroot**
- 1 tsp (5 mL) finely grated **orange rind**
- ¾ tsp (4 mL) **hot pepper flakes**
- 1 **sweet yellow pepper** or red pepper, cut into thin strips
- 3 cups (750 mL) **snow peas** (about 9 oz/275 g), trimmed and cut in half diagonally
- ¾ cup (175 mL) roasted **whole cashews**
- ¼ cup (50 mL) **sodium-reduced chicken broth**
- ¼ tsp (1 mL) **salt**

In bowl, whisk together soy sauce, sherry, cornstarch, sugar, sesame oil and vinegar. Add pork, tossing to coat; let stand for 20 minutes.

In wok or large nonstick skillet, heat half of the oil over high heat; stir-fry garlic, ginger, orange rind and hot pepper flakes until fragrant, about 15 seconds.

Add yellow pepper; stir-fry until softened, about 2 minutes.

Add snow peas and cashews; stir-fry until snow peas are tender-crisp, about 2 minutes. Transfer to bowl.

Add remaining oil to wok; stir-fry pork until browned, about 3 minutes.

Add broth and snow pea mixture; stir-fry until thickened and pork is no longer pink, 1 to 2 minutes. Sprinkle with salt.

PER SERVING: about 294 cal, 23 g pro, 16 g total fat (3 g sat. fat), 15 g carb, 3 g fibre, 45 mg chol, 464 mg sodium, 544 mg potassium. % RDI: 3% calcium, 19% iron, 6% vit A, 93% vit C, 15% folate.

Green Bean and Barley Salad

Prep: 10 minutes
Cook: 25 minutes
Makes: 12 servings

1 lb (500 g) **green beans**
1 cup (250 mL) **pot** or pearl **barley**
¼ cup (50 mL) **extra-virgin olive oil**
3 tbsp (45 mL) **white wine vinegar**
1 clove **garlic,** minced
1½ tsp (7 mL) minced **fresh thyme**
1½ tsp (7 mL) **Dijon mustard**
½ tsp (2 mL) **salt**
¼ tsp (1 mL) **pepper**
4 cups (1 L) **baby arugula** or spinach
2 cups (500 mL) **grape tomatoes** or cherry tomatoes, halved
2 **green onions,** thinly sliced
⅔ cup (150 mL) crumbled **feta cheese** (about 100 g)

Trim beans; halve diagonally. In saucepan of boiling water, blanch beans until tender-crisp, about 3 minutes. Drain and cool in ice water; drain and pat dry.

Meanwhile, in pot of boiling salted water, cook barley until tender, 20 to 25 minutes. Drain and let cool for 5 minutes.

In large bowl, whisk together oil, vinegar, garlic, thyme, mustard, salt and pepper; add barley and beans, tossing to coat well.

Add arugula, tomatoes and green onions, tossing well. Let stand for up to 1 hour or refrigerate for up to 4 hours. Stir in cheese.

PER SERVING: about 142 cal, 4 g pro, 7 g total fat (2 g sat. fat), 18 g carb, 3 g fibre, 8 mg chol, 254 mg sodium, 231 mg potassium. % RDI: 9% calcium, 9% iron, 10% vit A, 17% vit C, 20% folate.

Green Bean and Sweet Onion Salad with Jalapeño Dressing

Prep: 10 minutes
Cook: 3 minutes
Makes: 4 servings

4 cups (about 8 oz/250 g) **green beans,** trimmed
½ cup (125 mL) thinly sliced **sweet onion** (such as Vidalia)
2 tbsp (25 mL) toasted **slivered almonds** or toasted pine nuts

JALAPEÑO DRESSING:
¼ cup (50 mL) **extra-virgin olive oil**
2 tbsp (25 mL) **wine vinegar**
1 **jalapeño pepper,** seeded and minced
½ tsp (2 mL) each **salt** and **pepper**

In large pot of boiling salted water, cover and cook green beans until tender-crisp, about 3 minutes. Drain and chill in cold water. Drain and pat dry.

JALAPEÑO DRESSING: In large bowl, whisk together oil, vinegar, jalapeño, salt and pepper. Add green beans and onion; toss to coat. Sprinkle with almonds.

PER SERVING: about 187 cal, 3 g pro, 16 g total fat (2 g sat. fat), 10 g carb, 3 g fibre, 0 mg chol, 516 mg sodium. % RDI: 5% calcium, 11% iron, 9% vit A, 27% vit C, 17% folate.

GROWING BEANS

Beans thrive in sunny locations in fertile, well-draining soil.

There are three major types of beans: bush beans, pole beans and runner beans. As the names suggest, pole and runner beans need support from stakes or netting fitted between stakes for the tendrils to wrap around as they grow. Bush beans can be grown without any support at all. Although there are many varieties of beans, for a stunning addition, look for purple beans, such as Royal Burgundy, which (sadly) lose their rich colour when cooked.

Plant bean seeds, according to seed-packet instructions for depth and spacing, after the last expected frost. Unlike peas, beans do not like cold weather and won't germinate below 54°F (12°C). Protect seedlings with a row cover or inverted plastic containers if the weather turns cool.

Harvest bush beans when they snap when bent and before seeds become visible inside the pod. Pole beans are best left on the vine until they're large and thick. Runner beans can be eaten young like bush beans or left on the vine to dry. Dried beans can be stored and used in soups and stews.

For a complete guide to growing beans, check out canadianliving.com/beans.



Spicy Dilled Beans

Green Beans with Toasted Sesame Sauce

Prep: 5 minutes
Cook: 2 minutes
Makes: 4 servings

* Look for toasted sesame seeds in the Asian section of the grocery store. Or toast them in a skillet over medium-low heat until golden brown.

10 oz (300 g) **green beans,** trimmed
¼ cup (50 mL) **toasted sesame seeds**
2 tbsp (25 mL) packed **brown sugar**
2 tbsp (25 mL) **sesame oil**
1 tbsp (15 mL) **Japanese soy sauce** (such as Kikkoman)
Pinch **salt**

In saucepan of boiling water, blanch green beans for 2 minutes. Drain and refresh in ice water; drain again.

In spice grinder or using mortar and pestle, coarsely grind sesame seeds; transfer to bowl.

Mix in sugar, sesame oil, soy sauce and salt to form paste. Stir in beans to coat.

PER SERVING: about 164 cal, 3 g pro, 12 g total fat (2 g sat. fat), 13 g carb, 3 g fibre, 0 mg chol, 233 mg sodium, 153 mg potassium. % RDI: 4% calcium, 9% iron, 4% vit A, 8% vit C, 13% folate.

Green Beans with Lemon and Hazelnuts

Prep: 10 minutes
Cook: 10 minutes
Makes: 8 servings

2 lb (1 kg) **green beans,** trimmed and halved diagonally
¼ cup (50 mL) sliced or chopped **hazelnuts**
¼ cup (50 mL) **extra-virgin olive oil**
2 tsp (10 mL) grated **lemon rind**
2 tbsp (25 mL) **lemon juice**
½ tsp (2 mL) **salt**
¼ tsp (1 mL) **pepper**

In large saucepan of boiling salted water, cook beans until tender-crisp, about 7 minutes. Drain and chill in cold water; drain immediately.

In large skillet, toast hazelnuts over medium heat, stirring often, until fragrant and golden, about 3 minutes. Remove from pan and set aside.

Add oil and lemon rind and juice to skillet; bring to boil. Add green beans. Sprinkle with salt and pepper; toss until hot, about 1 minute. Sprinkle with hazelnuts.

PER SERVING: about 117 cal, 2 g pro, 9 g total fat (1 g sat. fat), 9 g carb, 4 g fibre, 0 mg chol, 369 mg sodium. % RDI: 4% calcium, 6% iron, 7% vit A, 20% vit C, 16% folate.

Spicy Dilled Beans

Prep: 10 minutes
Cook: 13 minutes
Makes: four 2-cup (500 mL) jars

1 lb (500 g) **green beans**
1 lb (500 g) **yellow wax beans**
4 small **hot red peppers**
4 heads **fresh dill**
4 cloves **garlic**
4 tsp (20 mL) **mustard seeds**
2½ cups (625 mL) **water**
2½ cups (625 mL) **white vinegar**
2 tbsp (25 mL) **pickling salt**

Cut green and yellow beans to 3½-inch (9 cm) lengths, discarding stem ends. Cut slit lengthwise in hot peppers. Set aside.

Into each of four 2-cup (500 mL) canning jars, pack 1 head dill, 1 clove garlic, 1 tsp (5 mL) mustard seeds and 1 hot red pepper. Tightly pack in beans, cut side up.

In saucepan, bring water, vinegar and salt to boil; reduce heat and simmer for 3 minutes. Pour into each jar, leaving ½-inch (1 cm) headspace. »

Cover with prepared lids. Screw on bands until resistance is met; increase to fingertip tight. Boil in boiling water canner for 10 minutes. (See Canning Basics, page 94.)

PER BEAN: about 5 cal, trace pro, 0 g total fat (0 g sat. fat), 1 g carb, trace fibre, 0 mg chol, 29 mg sodium. % RDI: 1% iron, 1% folate.

Green Beans with Sherried Mushrooms

Prep: 10 minutes
Cook: 12 minutes
Makes: 4 servings

1 lb (500 g) **green beans,** trimmed
1 tbsp (15 mL) **extra-virgin olive oil**
8 oz (250 g) **button mushrooms**
1 clove **garlic,** minced
1 tsp (5 mL) **dried thyme**
¼ tsp (1 mL) each **salt** and **pepper**
1 tbsp (15 mL) each **dry sherry** and **butter**

In skillet, blanch beans in boiling water until tender-crisp, about 5 minutes. Drain and pat dry. Wipe out skillet.

In same pan, heat oil over medium-high heat; sauté mushrooms, garlic, thyme, salt and pepper until golden, about 6 minutes.

Add sherry; cook until evaporated. Add beans and butter; cook, stirring, until beans are hot and butter is melted.

PER SERVING: about 105 cal, 3 g pro, 7 g total fat (2 g sat. fat), 10 g carb, 4 g fibre, 8 mg chol, 166 mg sodium. % RDI: 5% calcium, 12% iron, 9% vit A, 18% vit C, 17% folate.

Braised Green Beans

Prep: 12 minutes
Cook: 33 minutes
Makes: 8 servings

2 tbsp (25 mL) **extra-virgin olive oil**
4 **green onions,** thinly sliced
2 cups (500 mL) diced peeled seeded **tomatoes**
¾ tsp (4 mL) **salt**
½ tsp (2 mL) **pepper**
1½ lb (750 g) **green beans,** trimmed and halved
2 tbsp (25 mL) each chopped **fresh mint** and **parsley**

In large saucepan, heat oil over medium heat; cook onions until softened, about 4 minutes.

Add tomatoes, salt and pepper; cook, stirring, until softened, about 4 minutes.

Add green beans and ½ cup (125 mL) water; cover and bring to boil. Reduce heat and simmer until beans are tender and coated, about 25 minutes. Stir in mint and parsley.

PER SERVING: about 67 cal, 2 g pro, 4 g total fat (1 g sat. fat), 9 g carb, 3 g fibre, 0 mg chol, 222 mg sodium. % RDI: 4% calcium, 7% iron, 9% vit A, 28% vit C, 15% folate.

Caesar Beans

Prep: 10 minutes
Cook: 12 minutes
Makes: four 2-cup (500 mL) jars

* Use these pickled beans to garnish drinks, such as Bloody Marys, Caesars or martinis.

2 lb (1 kg) **green string beans** or yellow string beans
1 piece (3 inch/8 cm) **horseradish**
2 **hot red peppers,** halved
8 sprigs **fresh dill**
4 cloves **garlic**
2 tbsp (25 mL) **mustard seeds**
2 tsp (10 mL) **celery seeds**
2½ cups (625 mL) **white vinegar**
2 tbsp (25 mL) **pickling salt**
1 tsp (10 mL) **Worcestershire sauce**

Cut beans into 3½-inch (9 cm) lengths, discarding stem ends. Peel horseradish; cut crosswise into 20 slices.

Into each of four 2-cup (500 mL) canning jars, divide horseradish, hot peppers, dill, garlic, mustard seeds and celery seeds. Tightly pack in beans, cut side up.

In saucepan, bring vinegar, 2½ cups (625 mL) water, salt and Worcestershire sauce to boil. Pour into jars, leaving ½-inch (1 cm) headspace.

Cover with prepared lids. Screw on bands until resistance is met; increase to fingertip tight. Boil in boiling water canner for 10 minutes. (See Canning Basics, page 94.) Let stand for 1 week before opening.

PER BEAN: about 2 cal, trace pro, 0 g total fat (0 g sat. fat), 1 g carb, trace fibre, 0 mg chol, 36 mg sodium, 8 mg potassium. % RDI: 2% vit C, 1% folate



LETTUCE



Save space in the garden with
a portable salad table. Go to
canadianliving.com/saladtable
for project how-tos.

GROWING LETTUCE

Planted in succession about every two weeks, lettuces promise a harvest throughout the season.

There are two major types of lettuces, those that form heads (such as iceberg, Boston and romaine) and those that don't (such as red and green leaf lettuce). Getting lettuce to form a true head can prove difficult in the garden, making loose-leaf varieties easier to grow.

Sow seeds according to seed-packet instructions in rich, well-draining soil as soon as all danger of frost has passed and the ground has dried. Sow seeds of head-forming lettuces among the slower-growing crops (such as cabbage, cauliflower and peppers), since you can pick them before the larger vegetables take up that space. Sow seeds of loose-leaf lettuce in their own plot to harvest more than once by snipping leaves about 1 inch (2.5 cm) from base of plant.

The enemy of lettuce is high temperature. Too much heat and dry weather will cause lettuce to "bolt," meaning the plant sends up a tall stem with a flowering head, and the leaves become tough and bitter. To prevent this, grow lettuce only in spring, early summer and fall, never in the high heat of summer. Or grow it in a shaded area (even using other tall plants, such as tomatoes, for cover).

Lettuce makes an ideal container crop for small spaces. Sow seeds in rich soil and keep in full sun or partial shade on the patio or even a windowsill. Water regularly to keep the soil moist. Reseed after harvest.

Iced Lettuce and Pea Soup

Prep: 10 minutes
Cook & Chill: 4½ hours
Makes: 6 to 8 servings

2 tbsp (25 mL) **extra-virgin olive oil**
1 bunch **green onions** (about 6), coarsely chopped
10 cups (2.5 L) chopped **romaine lettuce** (about 2 heads)
3 cups (750 mL) **sodium-reduced chicken broth**
2 cups (500 mL) **fresh peas**
1 tsp (5 mL) **granulated sugar**
½ tsp (2 mL) each **salt** and **pepper**
½ cup (125 mL) **buttermilk** or **sour cream**
½ cup (125 mL) crumbled **goat cheese**
2 tbsp (25 mL) chopped **fresh dill**

In large saucepan, heat oil over medium heat; cook onions until softened, about 2 minutes.

Stir in lettuce; cover and cook, stirring occasionally, until wilted, about 5 minutes.

Stir in broth, ½ cup (125 mL) water, peas, sugar, salt and pepper; bring to boil. Reduce heat, cover and simmer for 10 minutes.

In blender, purée soup, in batches, until smooth. Strain into large bowl, pressing on solids; whisk in buttermilk. Transfer to airtight container; refrigerate until cold, about 4 hours.

Serve garnished with goat cheese and dill.

PER EACH OF 8 SERVINGS: about 115 cal, 7 g pro, 6 g total fat (2 g sat. fat), 10 g carb, 4 g fibre, 6 mg chol, 421 mg sodium, 361 mg potassium. % RDI: 8% calcium, 12% iron, 24% vit A, 27% vit C, 40% folate.

Bacon, Roquefort and Romaine Salad

Prep: 15 minutes
Cook: 12 minutes
Makes: 8 servings

12 cups (3 L) torn **romaine lettuce** (1 small head)
4 slices **bacon,** cooked and chopped
1 cup (250 mL) halved **cherry tomatoes** or grape tomatoes
½ cup (125 mL) crumbled **Roquefort** or other blue cheese

GARLIC CROUTONS:
3 cups (750 mL) cubed (¾ inch/ 2 cm) **French bread** or Italian bread
2 tbsp (25 mL) **extra-virgin olive oil**
1 clove **garlic,** minced
Pinch each **salt** and **pepper**

DRESSING:
3 tbsp (45 mL) **extra-virgin olive oil**
1 tbsp (15 mL) **white wine vinegar**
1½ tsp (7 mL) **anchovy paste**
1 clove **garlic,** minced
¼ tsp (1 mL) **pepper**
¼ tsp (1 mL) **Worcestershire sauce**
Pinch **salt**

DRESSING: In small bowl, whisk together oil, vinegar, anchovy paste, garlic, pepper, Worcestershire sauce and salt.

GARLIC CROUTONS: In bowl, toss together bread cubes, oil, garlic, salt and pepper; spread on baking sheet. Bake in 400°F (200°C) oven until golden, about 12 minutes. Let cool.

In large bowl, toss lettuce with dressing. Add croutons, bacon, tomatoes and cheese; toss lightly.

PER SERVING: about 172 cal, 5 g pro, 13 g total fat (3 g sat. fat), 9 g carb, 2 g fibre, 12 mg chol, 331 mg sodium. % RDI: 8% calcium, 9% iron, 45% vit A, 33% vit C, 50% folate.



Warm Spanish
Chicken Salad

Warm Spanish Chicken Salad

Prep: 10 minutes
Cook: 35 minutes
Makes: 4 servings

2 **boneless skinless chicken breasts**
1 tbsp (15 mL) **extra-virgin olive oil**
½ tsp (2 mL) **paprika**
¼ tsp (1 mL) each **salt** and **pepper**
1 each **sweet red** and **green pepper,** cut into ¾-inch (2 cm) wide strips
6 cups (1.5 L) loosely packed **mixed baby greens**
½ cup (125 mL) thinly sliced **sweet onion**
⅓ cup (75 mL) quartered **pimiento-stuffed green olives**
¼ cup (50 mL) toasted slivered **almonds**
¼ cup (50 mL) crumbled **feta cheese**

SHERRY VINAIGRETTE:
2 tbsp (25 mL) **extra-virgin olive oil**
1 tbsp (15 mL) **sherry vinegar** or red wine vinegar
½ tsp (2 mL) **Dijon mustard**
Pinch each **salt, pepper** and **granulated sugar**

In bowl, toss together chicken, oil, paprika, salt and pepper; transfer to foil-lined baking sheet. Add red and green peppers; bake in 375°F (190°C) oven until peppers are tender and chicken is no longer pink inside, about 35 minutes. Let chicken cool enough to handle; thinly slice crosswise.

In large bowl, combine mixed greens, onion, olives, almonds, chicken and peppers.

SHERRY VINAIGRETTE: Whisk together oil, vinegar, mustard, salt, pepper and sugar; toss with salad to coat. Sprinkle with feta cheese.

PER SERVING: about 280 cal, 20 g pro, 19 g total fat (4 g sat. fat), 10 g carb, 3 g fibre, 48 mg chol, 487 mg sodium, 607 mg potassium. % RDI: 12% calcium, 12% iron, 32% vit A, 137% vit C, 40% folate.

Radicchio, Spinach and Walnut Salad

Prep: 6 minutes
Makes: 6 servings

Half head **radicchio**
4 cups (1 L) **baby spinach**
½ cup (125 mL) **walnut halves,** toasted

WALNUT DRESSING:
2 tbsp (25 mL) **canola oil** or extra-virgin olive oil
1 tbsp (15 mL) each **walnut oil** and **sherry vinegar**
½ tsp (2 mL) **Dijon mustard**
Pinch each **salt** and **pepper**

WALNUT DRESSING: In small bowl, whisk together canola oil, walnut oil, sherry vinegar, mustard, salt and pepper.

Tear radicchio into bite-size pieces into large bowl; add spinach. Break walnuts into pieces into bowl. Add dressing and toss to coat.

PER SERVING: about 133 cal, 2 g pro, 13 g total fat (1 g sat. fat), 3 g carb, 1 g fibre, 0 mg chol, 25 mg sodium. % RDI: 3% calcium, 6% iron, 19% vit A, 12% vit C, 26% folate.

GREAT SALAD GREENS

•**Baby greens:** Depending on the seed packet, a variety of greens from 4 to 6 inches (10 to 15 cm) long, ranging from mild-tasting lettuce to spicy mustard or beet greens. Make attractive salads.
•**Romaine lettuce:** Long, sturdy and crispy pale green leaves. A must-have for Caesar salad.
•**Leaf lettuce:** Soft, delicate leaves with a mild flavour. Grow red and green for beautiful salads.
•**Butterhead lettuce:** Soft, pale, buttery leaves with mild flavour, such as Boston and Bibb. Great for sandwiches and salads.
•**Arugula:** Soft, dark green pepper-flavoured leaves. Great for salads, pastas and pizzas.
•**Spinach:** Firm, dark green leaves. Ideal in salads, cooked into pastas and pastries, or as a sautéed vegetable.

For more salad garden greens, visit canadianliving.com/saladgarden.

Cobb-Style Salad

Prep: 20 minutes
Makes: 4 to 6 servings

4 cups (1 L) chopped **iceberg** and/or **romaine lettuce**
1 cup (250 mL) chopped **watercress** (optional)
4 slices **bacon,** cooked and crumbled
4 **hard-cooked eggs,** peeled and quartered
2 **tomatoes,** coarsely chopped
1 **avocado,** pitted, cored and cubed
⅓ cup (75 mL) crumbled **blue cheese**
2 tbsp (25 mL) minced **fresh chives** or green onions

DRESSING:
¼ cup (50 mL) **vegetable oil**
2 tbsp (25 mL) **red wine vinegar**
1 tsp (5 mL) each **lemon juice** and **Worcestershire sauce**
½ tsp (2 mL) each **salt** and **dry mustard**
¼ tsp (1 mL) each **granulated sugar** and **pepper**
1 clove **garlic,** minced

DRESSING: In small bowl, whisk together oil, vinegar, lemon juice, Worcestershire sauce, salt, mustard, sugar, pepper and garlic. Pour into carafe or jar; set aside.

Cover platter or large salad bowl with lettuce; top with watercress (if using).

In rows, arrange bacon, eggs, tomatoes, avocado and cheese over greens. Scatter chives over top. Serve with dressing.

PER EACH OF 6 SERVINGS: about 248 cal, 9 g pro, 21 g total fat (4 g sat. fat), 6 g carb, 3 g fibre, 134 mg chol, 452 mg sodium, 420 mg potassium. % RDI: 7% calcium, 8% iron, 12% vit A, 18% vit C, 34% folate.

Honey Mustard Vinaigrette

Prep: 5 minutes
Makes: about ⅓ cup (75 mL)

3 tbsp (45 mL) **extra-virgin olive oil**
2 tbsp (25 mL) **white wine vinegar**
1 tsp (5 mL) each **Dijon mustard** and **liquid honey**
1 clove **garlic,** minced
Pinch each **salt** and **pepper**

In small bowl, whisk together oil, vinegar, mustard, honey, garlic, salt and pepper.

PER 1 TBSP (15 ML): about 74 cal, trace pro, 8 g total fat (1 g sat. fat), 1 g carb, 0 g fibre, 0 mg chol, 13 mg sodium, 6 mg potassium. % RDI: 1% iron

Raspberry Mint Vinaigrette

Prep: 5 minutes
Makes: about ⅓ cup (75 mL)

3 tbsp (45 mL) **extra-virgin olive oil**
2 tbsp (25 mL) **raspberry vinegar**
1 **shallot** or green onion, minced
1 tbsp (15 mL) chopped **fresh mint**
Pinch each **salt, pepper** and **granulated sugar**

In small bowl, whisk together oil, vinegar, shallot, mint, salt, pepper and sugar.

PER 1 TBSP (15 ML): about 70 cal, trace pro, 8 g total fat (1 g sat. fat), 1 g carb, trace fibre, 0 mg chol, 1 mg sodium, 16 mg potassium. % RDI: 1% iron, 1% vit A, 1% folate.



Honey Mustard Vinaigrette (left), Raspberry Mint Vinaigrette



Sun-Dried Tomato Vinaigrette (left),
Cucumber Dill Dressing

Oregano Red Wine Vinaigrette

Prep: 5 minutes
Makes: about 1 cup (250 mL)

⅓ cup (75 mL) **extra-virgin olive oil**
⅓ cup (75 mL) **vegetable oil**
3 tbsp (45 mL) **red wine vinegar**
2 tbsp (25 mL) **water**
2 tsp (10 mL) **Dijon mustard**
1 clove **garlic,** minced
1 tsp (5 mL) **dried oregano**
½ tsp (2 mL) each **salt** and **pepper**

In bowl, whisk together olive oil, vegetable oil, vinegar, water, mustard, garlic, oregano, salt and pepper.

PER 1 TBSP (15 ML): about 81 cal, 0 g pro, 9 g total fat (1 g sat. fat), trace carb, 0 g fibre, 0 mg chol, 80 mg sodium. % RDI: 1% iron.

Sun-Dried Tomato Vinaigrette

Prep: 5 minutes
Makes: 1 cup (250 mL)

¼ cup (50 mL) drained **oil-packed sun-dried tomatoes**
2 tbsp (25 mL) **balsamic vinegar**
1 clove **garlic,** minced
1 tsp (5 mL) **dried oregano**
½ tsp (2 mL) **granulated sugar**
¼ tsp (1 mL) **pepper**
Pinch **salt** (optional)
⅓ cup (75 mL) **extra-virgin olive oil**

Rinse and pat tomatoes dry; finely chop and place in small bowl.

Add ½ cup (125 mL) water, vinegar, garlic, oregano, sugar, pepper, and salt (if using); whisk to combine. Whisking constantly, drizzle in oil in slow steady stream until combined.

PER 1 TBSP (15 ML): about 71 cal, trace pro, 5 g total fat (1 g sat. fat), 7 g carb, trace fibre, 0 mg chol, 5 mg sodium. % RDI: 1% iron, 3% vit C.

Cucumber Dill Dressing

Prep: 6 minutes
Makes: about 1 cup (250 mL)

Half **English cucumber**
½ cup (125 mL) **Balkan-style plain yogurt**
¼ cup (50 mL) **milk**
2 tbsp (25 mL) **mayonnaise**
2 tsp (10 mL) **cider vinegar**
1 **green onion,** minced
1 clove **garlic,** minced
1 tbsp (15 mL) chopped **fresh dill**
¼ tsp (1 mL) **pepper**

Peel, seed and shred cucumber; gently squeeze out liquid. Set aside.

In small bowl, whisk together yogurt, milk, mayonnaise and vinegar. Stir in cucumber, green onion, garlic, dill and pepper.

PER 1 TBSP (15 ML): about 24 cal, 1 g pro, 2 g total fat (1 g sat. fat), 1 g carb, trace fibre, 2 mg chol, 16 mg sodium. % RDI: 2% calcium, 1% iron, 1% vit A, 2% vit C, 1% folate.

Crispy-fresh romaine lettuce is a must-have for the classic Caesar salad.



Creamy Lemon Chive Dressing

Prep: 5 minutes
Makes: about 1 cup (250 mL)

¾ cup (175 mL) **low-fat plain yogurt**
¼ cup (50 mL) **light mayonnaise**
2 tbsp (25 mL) minced **fresh chives**
2 tbsp (25 mL) **water**
2 tbsp (25 mL) **lemon juice**
½ tsp (2 mL) **granulated sugar**
Pinch each **salt** and **pepper**

In blender, blend together yogurt, mayonnaise, chives, water, lemon juice, sugar, salt and pepper.

PER 1 TBSP (15 ML): about 9 cal, 1 g pro, trace total fat (trace sat. fat), 1 g carb, 0 g fibre, 1 mg chol, 10 mg sodium. % RDI: 30% iron.

Arugula Pizza

Prep: 10 minutes
Cook: 20 minutes
Makes: 8 slices

1 pkg (1½ lb/750 g) **frozen pizza dough,** thawed
⅔ cup (150 mL) **tomato pizza sauce**
3 oz (90 g) sliced **salami**
¼ cup (50 mL) thinly sliced **red onion**
¼ cup (50 mL) sliced **black olives**
2 **Roma tomatoes,** sliced
8 oz (250 g) **mozzarella cheese,** sliced
⅔ cup (150 mL) grated **Parmesan cheese**
4 cups (1 L) lightly packed **arugula leaves**

On lightly floured surface, roll out dough to 14-inch (35 cm) round; centre on greased pizza pan.

Spread pizza sauce over dough. Layer with salami, onion, olives, tomatoes and mozzarella cheese; sprinkle with Parmesan cheese.

Bake in bottom third of 425°F (220°C) oven until cheese is bubbly and crust is golden and slightly puffed, about 20 minutes.

Immediately sprinkle arugula on top. Let stand for 5 minutes.

PER SLICE: about 404 cal, 19 g pro, 17 g total fat (8 g sat. fat), 44 g carb, 4 g fibre, 42 mg chol, 831 mg sodium, 376 mg potassium. % RDI: 37% calcium, 25% iron, 14% vit A, 12% vit C, 45% folate.

Tagliatelle with Lemon, Shrimp and Arugula

Prep: 5 minutes
Cook: 10 minutes
Makes: 4 servings

12 oz (375 g) **egg noodle tagliatelle**
¼ cup (50 mL) **extra-virgin olive oil**
1 lb (500 g) **large raw shrimp,** peeled and deveined
2 cloves **garlic,** thinly sliced
1 tsp (5 mL) **fennel seeds,** crushed
1 tsp (5 mL) grated **lemon rind**
¼ tsp (1 mL) each **salt** and **pepper**
6 cups (1.5 L) packed **baby arugula leaves**
2 tbsp (25 mL) **lemon juice**

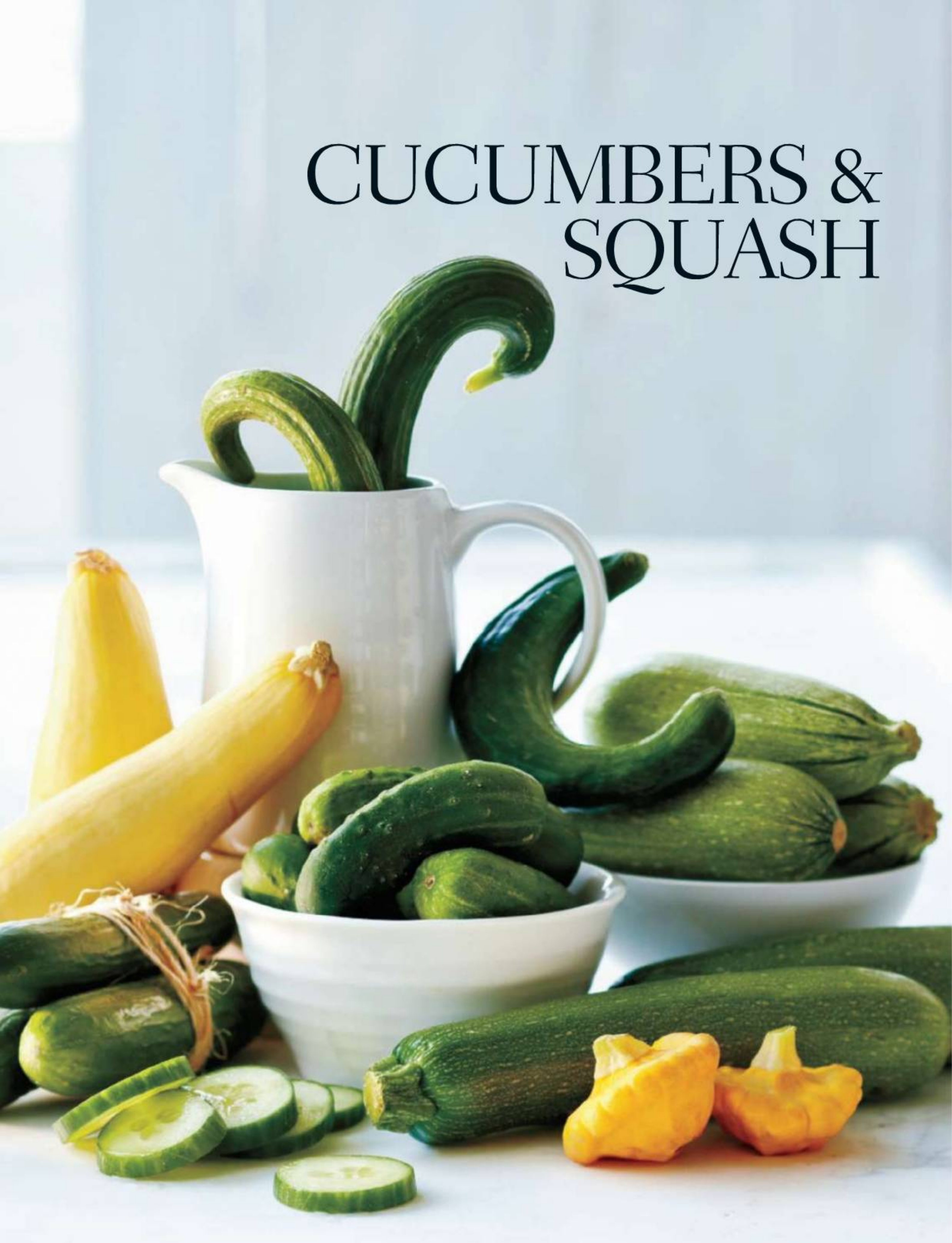
In large pot of boiling salted water, cook pasta until al dente, about 10 minutes. Drain, reserving ½ cup (125 mL) of the cooking liquid.

Meanwhile, in large nonstick skillet, heat oil over medium-high heat; cook shrimp, garlic, fennel seeds, lemon rind, salt and pepper, stirring occasionally, until shrimp are pink, about 5 minutes.

Add arugula, lemon juice, pasta and half of the reserved cooking liquid; toss to coat. Add more cooking liquid if desired.

PER SERVING: about 560 cal, 31 g pro, 19 g total fat (3 g sat. fat), 66 g carb, 7 g fibre, 210 mg chol, 741 mg sodium, 557 mg potassium. % RDI: 20% calcium, 54% iron, 23% vit A, 23% vit C, 100% folate.

CUCUMBERS & SQUASH





Learn how to give your zucchini a professional chop for beautiful stir-fries. Watch our Best Tips & Techniques video at canadianliving.com/zucchini.

GROWING SUMMER SQUASH AND CUCUMBERS

Neither summer squash nor cucumbers require much care, but will yield lots of vegetables per plant.

There are three main varieties of summer squash (crookneck, pattypan and zucchini) and two types of cucumbers (slicing and pickling).

- **Crooknecks** are slender golden-yellow squash that are bulbous at the blossom end and curve into their stems.
- **Pattypans** can be pale green, yellow or white and are flying saucer–shaped with a horizontal ridge around the centre.
- **Zucchini** range from dark green to deep yellow and are the most popular of the summer squash. Generally cylindrical, they can also be spherical hybrids.
- **Slicing cucumbers** have smooth, thick dark green skin and are longer than pickling cucumbers. They can be eaten raw.
- **Pickling cucumbers** are wrinkly and thinner skinned than slicing cucumbers. They can be eaten raw.

Sow summer squash and cucumber seeds according to packet instructions in a sunny site with well-draining soil, as soon as danger of frost has passed and soil has started to warm.

Once plants produce, harvest once a day to keep them producing. Harvest summer squash when it's 3 to 8 inches (8 to 20 cm) long. Wear gloves because the vines of both are prickly. To avoid damage to the root, cut the vine at the vegetable with a serrated knife or sharp scissors instead of twisting or pulling.

Italian Vegetable Marrow Stew

Prep: 10 minutes
Cook: 30 minutes
Makes: 6 to 8 servings

1 **vegetable marrow** (1½ lb/750 g)
1 each **sweet red** and **green pepper**
6 small **potatoes** (12 oz/375 g)
9 **plum tomatoes** (1½ lb/750 g)
¼ cup (50 mL) **extra-virgin olive oil**
1 large **onion,** coarsely chopped
1 clove **garlic,** minced
2 ribs **celery,** sliced
1 **bay leaf**
½ tsp (2 mL) **hot pepper flakes**
½ cup (125 mL) **dry white wine**
¼ cup (50 mL) chopped **fresh basil**
1 tsp (5 mL) **salt**
¼ tsp (1 mL) **pepper**

Cut vegetable marrow into 1½-inch (4 cm) cubes to make about 4 cups (1 L). Cut red and green peppers into 1-inch (2.5 cm) squares. Peel and cut potatoes into 1½-inch (4 cm) cubes. Coarsely chop tomatoes to make about 6 cups (1.5 L). Set aside.

In Dutch oven, heat 2 tbsp (25 mL) of the oil over medium-high heat; sauté onion, garlic, celery and bay leaf until softened, about 5 minutes.

Add vegetable marrow, red and green peppers, and hot pepper flakes; cook until starting to soften, 3 minutes. Add wine; cook for 1 minute.

Add tomatoes and ½ cup (125 mL) water; cover and bring to boil. Add potatoes; reduce heat, cover and simmer until potatoes are tender, about 20 minutes.

Stir in basil, salt and pepper; cook for 1 minute. Discard bay leaf. Ladle into bowls; drizzle with remaining oil.

PER EACH OF 8 SERVINGS: about 142 cal, 3 g pro, 7 g total fat (1 g sat. fat), 18 g carb, 4 g fibre, 0 mg chol, 304 mg sodium. % RDI: 4% calcium, 9% iron, 16% vit A, 90% vit C, 16% folate.

Chilled Zucchini Buttermilk Soup

Prep: 6 minutes
Cook: 12 minutes
Makes: 4 to 6 servings

2 tbsp (25 mL) **extra-virgin olive oil**
3 large **shallots,** thinly sliced
4 **zucchini** (1½ lb/750 g), peeled and cut into 1-inch (2.5 cm) cubes
1 tbsp (15 mL) grated **lemon rind**
¾ tsp (4 mL) **salt**
¼ tsp (1 mL) **white pepper** or pepper
1½ cups (375 mL) **sodium-reduced chicken broth**
1 tbsp (15 mL) minced **fresh dill**
¾ cup (175 mL) **buttermilk**

In large saucepan, heat oil over medium-high heat; sauté shallots until softened, about 2 minutes.

Add zucchini, lemon rind, salt and pepper; cook, stirring, until zucchini is softened, about 5 minutes.

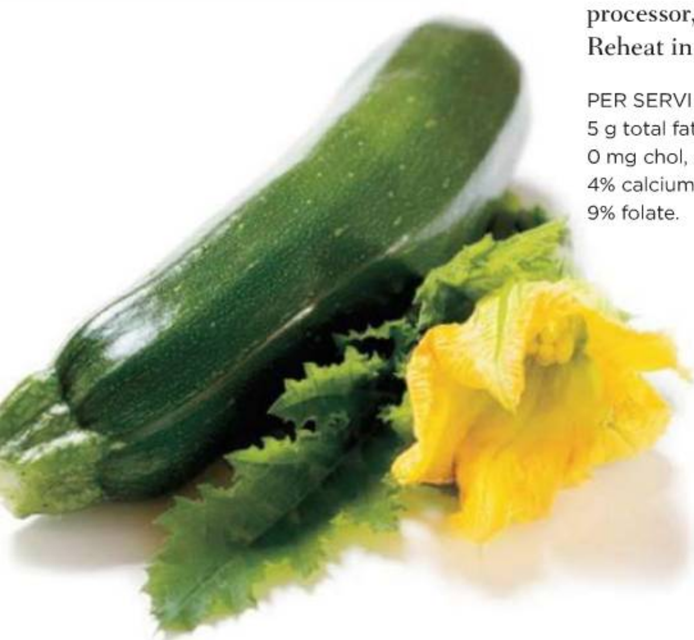
Add broth and 1½ cups (375 mL) water; bring to boil. Reduce heat and simmer until zucchini is tender, about 5 minutes. Let cool slightly. Add dill.

In blender, purée soup until smooth. Strain into large bowl. Let cool in refrigerator. Whisk in buttermilk.

PER EACH OF 6 SERVINGS: about 82 cal, 3 g pro, 5 g total fat (1 g sat. fat), 7 g carb, 2 g fibre, 2 mg chol, 466 mg sodium. % RDI: 6% calcium, 4% iron, 13% vit A, 12% vit C, 10% folate.

A BLOSSOM FOR YOUR THOUGHTS

The first pretty yellow blossoms to appear on your zucchini plants will most likely be male. While both the male and female blossoms are edible, it's the female (the one with a swelling at its base) that produces the squash. Bees carry pollen from male to female flowers, and the plant produces flowers continually. Each plant requires only one or two male flowers to pollinate all of its female blossoms, so the male flowers are the best ones to eat. For firm, fresh, wide-open blossoms, harvest them first thing in the morning.



Rosemary Zucchini Soup

Prep: 8 minutes
Cook: 30 minutes
Makes: 6 servings

2 tbsp (25 mL) **extra-virgin olive oil**
2 ribs **celery,** chopped
1 **onion,** chopped
3 cloves **garlic,** chopped
2 tsp (10 mL) **fennel seeds**
½ tsp (2 mL) each **salt** and **pepper**
3 **zucchini,** chopped
1½ tsp (7 mL) minced **fresh rosemary**
2½ cups (625 mL) **sodium-reduced chicken broth**
3 tbsp (45 mL) **long-grain rice**
1½ tsp (7 mL) **lemon juice**

In large saucepan, heat oil over medium heat; cook celery, onion, garlic, fennel seeds, salt and pepper, stirring occasionally, until vegetables are softened, about 5 minutes.

Stir in zucchini and rosemary; cook for 5 minutes.

Add broth, 2 cups (500 mL) water and rice; bring to boil. Reduce heat, cover and simmer, stirring often, until rice is tender, about 20 minutes. Stir in lemon juice; let cool slightly.

In batches in blender or food processor, purée soup until smooth. Reheat in clean saucepan.

PER SERVING: about 94 cal, 3 g pro, 5 g total fat (1 g sat. fat), 11 g carb, 2 g fibre, 0 mg chol, 405 mg sodium. % RDI: 4% calcium, 4% iron, 10% vit A, 8% vit C, 9% folate.

Fried Zucchini Blossoms

Prep: 3 minutes
Cook: 4 minutes
Makes: 4 to 6 servings

⅔ cup (150 mL) **water**
½ cup (125 mL) **all-purpose flour**
12 **zucchini blossoms**
Extra-virgin olive oil
Sea salt or salt

In small shallow bowl and using fork, stir water with flour until smooth.

Gently open zucchini blossoms and wipe off any dirt inside; trim long stems. Dip each flower into batter, scraping off any excess.

Meanwhile, pour enough oil into shallow skillet to be ½ inch (1 cm) deep; heat over medium-high heat just until bubbles form around wooden spoon. Fry blossoms, turning once, until crisp and golden, 4 to 5 minutes. Drain on paper towel. Sprinkle with salt as desired. Serve immediately.

PER EACH OF 6 SERVINGS: about 68 cal, 1 g pro, 4 g total fat (1 g sat. fat), 7 g carb, trace fibre, 0 mg chol, 1 mg sodium. % RDI: 4% iron, 1% vit A, 9% folate.

Shaved Zucchini with Asiago

Prep: 5 minutes
Makes: 4 to 6 servings

1 **zucchini** (8 oz/250 g)
¼ tsp (1 mL) **salt**
Pinch **pepper**
⅓ cup (75 mL) shaved **Asiago cheese**
2 leaves **fresh basil,** shredded
1 tbsp (15 mL) **lemon juice**
1 tbsp (15 mL) **extra-virgin olive oil**

Using mandoline or sharp knife, cut zucchini diagonally into paper-thin slices. Overlapping slightly, arrange on small flat plate.

Sprinkle with salt and pepper. Scatter cheese and basil over top; drizzle with lemon juice and oil.

PER EACH OF 6 SERVINGS: about 49 cal, 2 g pro, 4 g total fat (1 g sat. fat), 2 g carb, 1 g fibre, 5 mg chol, 149 mg sodium. % RDI: 5% calcium, 1% iron, 2% vit A, 7% vit C, 4% folate.

Zucchini Blossom Risotto

Prep & Stand: 25 minutes
Cook: 25 minutes
Makes: 4 to 6 servings

3 cups (750 mL) **sodium-reduced chicken broth**
¼ tsp (1 mL) **saffron threads**
12 **zucchini blossoms**
1 tbsp (15 mL) **extra-virgin olive oil**
1 **onion,** minced
1½ cups (375 mL) **arborio rice**
½ cup (125 mL) **dry white wine**
¼ cup (50 mL) grated **Parmesan cheese**
1 tbsp (15 mL) **butter**
¼ tsp (1 mL) each **salt** and **pepper**

In small saucepan, bring broth and 1 cup (250 mL) water to boil; add saffron. Reduce heat just enough to keep warm; let stand for 20 minutes.

Meanwhile, gently wipe blossoms clean. Trim lengthwise into 2 or 3 pieces, depending on size. If small zucchini is attached, slice lengthwise, leaving attached. Set blossoms aside.

In large saucepan, heat oil over medium heat; fry onion, stirring occasionally, until softened, about 5 minutes.

Add rice, stirring to coat. Add white wine; cook, stirring constantly, until no liquid remains.

Add 3½ cups (875 mL) of the broth mixture, ½ cup (125 mL) at a time and stirring after each addition until absorbed, about 17 minutes in total.

Add zucchini blossoms and remaining broth mixture, stirring until rice is creamy and tender and liquid is completely absorbed, about 3 minutes. Stir in Parmesan cheese, butter, salt and pepper.

PER EACH OF 6 SERVINGS: about 256 cal, 7 g pro, 6 g total fat (2 g sat. fat), 42 g carb, 1 g fibre, 9 mg chol, 471 mg sodium. % RDI: 6% calcium, 4% iron, 3% vit A, 4% folate.

Quick Zucchini Pickles

Prep: 6 minutes
Cook: 10 minutes **Chill:** 1 week
Makes: four 2-cup (500 mL) jars

6 **yellow and/or green zucchini**
4 cloves **garlic**
4 tsp (20 mL) **mustard seeds**
2 tsp (10 mL) **hot pepper flakes**
3 cups (750 mL) **white vinegar**
1 cup (250 mL) **granulated sugar**
¼ cup (50 mL) **pickling salt**

Cut each zucchini into six 4- x ½- x ½-inch (10 x 1 x 1 cm) sticks, retaining some skin on each.

In each of four 2-cup (500 mL) glass jars, place 1 clove garlic, 1 tsp (5 mL) mustard seeds and ½ tsp (2 mL) hot pepper flakes. Pack zucchini sticks tightly into jars.

Meanwhile, in small saucepan, bring vinegar, sugar, salt and 1 cup (250 mL) water to boil; boil for 10 minutes. Pour over zucchini. Seal and refrigerate for 1 week or for up to 3 weeks.

PER PICKLE: about 17 cal, trace pro, 0 g total fat (0 g sat. fat), 5 g carb, trace fibre, 0 mg chol, 419 mg sodium. % RDI: 1% iron, 3% vit A, 2% vit C, 2% folate.

Watermelon Cucumber Gazpacho

Prep: 10 minutes
Chill: 2 hours
Makes: 6 servings

2¼ lb (1.125 kg) **seedless watermelon** flesh (about half large watermelon)
1 **English cucumber,** peeled
1 **sweet red pepper**
1 **jalapeño pepper,** seeded
¾ cup (175 mL) diced **red onion**
¼ cup (50 mL) chopped **fresh basil**
2 tbsp (25 mL) each **lime juice** and **sherry vinegar** or wine vinegar
2 tbsp (25 mL) **extra-virgin olive oil**
½ tsp (2 mL) each **salt** and **pepper**
½ cup (125 mL) crumbled **feta cheese**

Finely dice enough watermelon to make 1 cup (250 mL); place in bowl and set aside. Chop remaining watermelon and place in blender.

Finely dice enough cucumber and red pepper to make ½ cup (125 mL) each; add to bowl with watermelon.

Chop remaining cucumber and red pepper; add to blender along with jalapeño pepper, onion, basil, lime juice, vinegar, oil, salt and pepper. Blend until smooth. Transfer to separate bowl; cover and refrigerate until cold, about 2 hours.

Ladle into bowls. Garnish with reserved watermelon and vegetables. Sprinkle with feta.

PER SERVING: about 150 cal, 4 g pro, 8 g total fat (3 g sat. fat), 20 g carb, 2 g fibre, 12 mg chol, 336 mg sodium. % RDI: 9% calcium, 7% iron, 19% vit A, 93% vit C, 11% folate.

Pattypan Skewers

Prep: 10 minutes
Cook: 8 minutes
Makes: 4 to 6 servings

3 tbsp (45 mL) **extra-virgin olive oil**
1 tbsp (15 mL) **balsamic vinegar**
1 clove **garlic,** minced
¼ tsp (1 mL) each **salt** and **pepper**
18 mini **pattypan squash** (about 1 lb/500 g)
4 tsp (20 mL) finely chopped **oil-packed sun-dried tomatoes**
1 tbsp (15 mL) minced **fresh parsley**

In large bowl, whisk together oil, vinegar, garlic, salt and pepper; add squash, tossing to coat. Thread onto soaked wooden skewers, reserving remaining marinade in bowl.

Place skewers on greased grill over medium-high heat; close lid and grill, turning occasionally, until tender and grill-marked, 8 to 10 minutes.

Add tomatoes and parsley to reserved marinade. Remove squash from skewers and add to tomato mixture; toss to coat. Serve warm.

PER EACH OF 6 SERVINGS: about 17 cal, trace pro, 7 g total fat (1 g sat. fat), 4 g carb, 1 g fibre, 0 mg chol, 102 mg sodium. % RDI: 2% calcium, 4% iron, 3% vit A, 12% vit C, 8% folate.



Pattypan
Skewers

Garlic Dill Spears

Prep: 10 minutes **Chill:** 4 hours **Cook:** 25 minutes **Stand:** 3 weeks **Makes:** nine 2-cup (500 mL) jars

* Whole dill that has the dill head or flowers attached to the plant is available in season in some farmer's markets or grocery stores. If unavailable, you can use 4 sprigs fresh dill for each dill head instead.

6 lb (2.7 kg) small (4 inch/10 cm) **pickling cucumbers**
12 cups (3 L) **ice cubes**
⅓ cup (75 mL) **pickling salt**
3 cups (750 mL) **water**

PICKLING SOLUTION:
4 cups (1 L) **white vinegar**
4 cups (1 L) **water**
½ cup (125 mL) **pickling salt**
2 tbsp (25 mL) **pickling spice**
3 tbsp (45 mL) **mustard seeds**
9 heads **fresh dill**
9 cloves **garlic**

Scrub cucumbers. Cut ⅛ inch (3 mm) off ends. Layer cucumbers and ice in large deep glass or stainless-steel container.

Dissolve salt in water; pour over cucumbers. Add enough cold water to just cover cucumbers. Fill resealable bags with water; place over cucumbers to keep submerged. Refrigerate for 4 hours or for up to 8 hours.

Drain cucumbers. Trim to 3½ inches (9 cm); cut each cucumber lengthwise into 6 wedges.

PICKLING SOLUTION: In large saucepan, bring vinegar, water, pickling salt and pickling spice to boil; reduce heat and simmer for 15 minutes. Strain.

Into each of nine 2-cup (500 mL) canning jars, place 1 tsp (5 mL) mustard seeds, 1 head dill and 1 clove garlic. Tightly pack in cucumbers to within ¾ inch (2 cm) of rim. Add hot pickling liquid to cover cucumbers, leaving ½-inch (1 cm) headspace.

Cover with prepared lids. Screw on bands until resistance is met; increase to fingertip tight. Boil in boiling water canner for 10 minutes. (See Canning Basics, page 94.) Let stand for 3 weeks before opening.

PER SPEAR: about 3 cal, 0 g pro, 0 g total fat (0 g sat. fat), 1 g carb, trace fibre, 0 mg chol, 318 mg sodium. % RDI: 2% vit C, 1% folate.



Bread and Butter Pickles

Prep & Stand: 30 minutes
Cook: 10 minutes
Makes: six 2-cup (500 mL) jars

4 lb (2 kg) **pickling cucumbers**
2 cups (500 mL) sliced **shallots**
2 **hot red peppers,** seeded and cut into rings
8 cups (2 L) **ice cubes**
⅓ cup (75 mL) **pickling salt**

PICKLING LIQUID:
2½ cups (625 mL) **cider vinegar**
2 cups (500 mL) **water**
1 cup (250 mL) **granulated sugar**
2 tbsp (25 mL) **mustard seeds**
1 tbsp (15 mL) **pickling salt**
1 tbsp (15 mL) **celery seeds**
1 tsp (5 mL) **ground coriander**
½ tsp (2 mL) **turmeric**
Pinch **ground cloves**

Scrub cucumbers. Cut ⅛ inch (3 mm) off ends. Using knife or crinkle cutter, cut cucumbers crosswise into ¼-inch (5 mm) thick slices. Layer cucumbers, shallots, hot peppers and ice cubes in large pot or bowl.

Dissolve salt in 12 cups (3 L) cold water; pour over cucumber mixture, adding more water if necessary to cover. Place plate on top and weigh down to submerge; let stand for 30 minutes or for up to 1 hour.

Drain and rinse well; drain again, gently pressing. Tightly pack cucumber mixture into six 2-cup (500 mL) canning jars to within 1 inch (2.5 cm) of rim.

PICKLING LIQUID: In saucepan, bring vinegar, water, sugar, mustard seeds, salt, celery seeds, coriander, turmeric and cloves to boil, stirring until sugar is dissolved. Divide among jars, leaving ½-inch (1 cm) headspace.

Cover with prepared lids. Screw on bands until resistance is met; increase to fingertip tight. Boil in boiling water canner for 10 minutes. (See Canning Basics, page 94.)
Let stand for 1 week before opening.

PER 2 TBSP (25 ML) SERVING: about 12 cal, trace pro, trace total fat (0 g sat. fat), 3 g carb, trace fibre, 0 mg chol, 232 mg sodium, 45 mg potassium. % RDI: 1% calcium, 1% iron, 1% vit A, 3% vit C, 1% folate.

Cucumber Herb Salad

Prep: 10 minutes
Chill: 2 hours
Makes: 8 servings

4 **cucumbers** (about 3 lb/1.5 kg)
½ cup (125 mL) **fresh coriander** leaves
4 **green onions,** sliced
2 tbsp (25 mL) chopped **fresh mint**

DRESSING:
3 tbsp (45 mL) **extra-virgin olive oil**
2 tbsp (25 mL) **lemon juice**
1 tbsp (15 mL) **white wine vinegar**
1 **shallot,** minced
1 clove **garlic,** minced
¼ tsp (1 mL) each **salt** and **pepper**

Peel, quarter and seed cucumbers; chop and place in large bowl.

Coarsely chop coriander; add to bowl along with green onions and mint.

DRESSING: In bowl, whisk together oil, lemon juice, vinegar, shallot, garlic, salt and pepper. Pour over salad; toss to combine. Refrigerate for 2 hours.

PER SERVING: about 60 cal, 1 g pro, 5 g total fat (1 g sat. fat), 3 g carb, 1 g fibre, 0 mg chol, 76 mg sodium. % RDI: 2% calcium, 4% iron, 2% vit A, 8% vit C, 8% folate.

Cucumber Mustard Salad

Prep: 10 minutes
Stand: 20 minutes
Makes: 8 to 10 servings

2 **English cucumbers** (2 lb/1 kg)
½ tsp (2 mL) **salt**
½ cup (125 mL) thinly sliced **red onion**
4 tsp (20 mL) **white wine vinegar**
1 tbsp (15 mL) **Dijon mustard**
Pinch each **pepper** and **granulated sugar**
½ cup (125 mL) fresh **parsley leaves**

Halve English cucumbers lengthwise and scoop out centres; cut into ¼-inch (5 mm) thick slices. In bowl, sprinkle cucumbers with salt; let stand for 20 minutes.

Stir in onion, vinegar, mustard, pepper and sugar; toss to combine. Sprinkle with parsley; toss to serve.

PER EACH OF 10 SERVINGS: about 18 cal, 1 g pro, trace total fat (0 g sat. fat), 4 g carb, 1 g fibre, 0 mg chol, 138 mg sodium. % RDI: 2% calcium, 4% iron, 3% vit A, 12% vit C, 5% folate.

Creamy Cucumber Salad

Prep: 10 minutes
Stand: 30 minutes
Makes: 4 servings

3 cups (750 mL) thinly sliced peeled **English cucumber**
1 tsp (5 mL) **salt**
½ cup (125 mL) thinly sliced **red onion**
¼ cup (50 mL) light or regular **sour cream**
1 tbsp (15 mL) chopped **fresh dill**
1 tbsp (15 mL) **white wine vinegar**
1 tsp (5 mL) **granulated sugar**

In colander, sprinkle cucumber with salt; let stand to drain for 30 minutes. Pat dry.

Meanwhile, soak onion in cold water for 15 minutes; drain and pat dry.

In bowl, whisk together sour cream, dill, vinegar and sugar. Add cucumber and onion; toss to coat.

PER SERVING: about 38 cal, 2 g pro, 1 g total fat (1 g sat. fat), 6 g carb, 1 g fibre, 2 mg chol, 302 mg sodium. % RDI: 4% calcium, 1% iron, 1% vit A, 7% vit C, 7% folate.

Dill Pickle Relish

Prep: 15 minutes **Stand:** 1 hour
Cook: 40 minutes
Makes: about six 1-cup (250 mL) jars

4 lb (2 kg) **pickling cucumbers**
¼ cup (50 mL) **pickling salt**
½ tsp (2 mL) **turmeric**
2 cups (500 mL) **white vinegar**
⅓ cup (75 mL) **granulated sugar**
4 cloves **garlic,** minced
1 tbsp (15 mL) **dillseeds**
2 tsp (10 mL) **mustard seeds**
1½ cups (375 mL) finely chopped **onions**

Scrub cucumbers and trim off ends; cut into chunks. In batches in food processor, pulse cucumbers 8 to 10 times to cut into ⅛- to ¼-inch (3 to 5 mm) pieces.

In large bowl, sprinkle cucumbers with salt and turmeric. Stir in 1 cup (250 mL) cold water; let stand for 1 hour, stirring occasionally. Drain in large sieve. Rinse under cold water; drain again, pressing out moisture.

In Dutch oven, bring vinegar, sugar, garlic, dillseeds and mustard seeds to boil. Add cucumber mixture and onions; return to boil, stirring often. Reduce heat and simmer, stirring occasionally, until thickened, about 30 minutes.

Fill hot 1-cup (250 mL) canning jars, leaving ½-inch (1 cm) headspace. Cover with prepared lids. Screw on bands until resistance is met; increase to fingertip tight. Boil in boiling water canner for 10 minutes. (See Canning Basics, page 94.)

PER 1 TBSP (15 ML): about 7 cal, trace pro, 0 g total fat (0 g sat. fat), 2 g carb, trace fibre, 0 mg chol, 2 mg sodium. % RDI: 1% iron, 2% vit C, 1% folate.

Garlic Cucumber Strips

Prep: 10 minutes
Stand: 35 minutes
Makes: 6 to 8 servings

12 oz (375 g) **pickling cucumbers**
½ tsp (2 mL) **salt** (approx)
1 tbsp (15 mL) **rice vinegar**
1 tsp (5 mL) **granulated sugar**
3 cloves **garlic,** minced (approx)
½ tsp (2 mL) **sesame oil**

Cut cucumbers into 1½- x ⅓- x ⅓-inch (4 cm x 8 mm x 8 mm) sticks.

In bowl, mix cucumbers with salt; let stand for 30 minutes. Transfer to colander or sieve; press out as much liquid as possible.

In bowl, stir vinegar with sugar until dissolved; add cucumbers and toss.

Place garlic on cutting board, adding 1 more clove if desired. Sprinkle with pinch more salt; finely mince.

With side of knife, scrape garlic back and forth until paste; mix into cucumber. Add oil. Let stand for 5 minutes. Serve immediately or cover and refrigerate for up to 8 hours.

PER EACH OF 8 SERVINGS: about 13 cal, trace pro, trace total fat (0 g sat. fat), 3 g carb, trace fibre, 0 mg chol, 72 mg sodium. % RDI: 1% calcium, 1% iron, 3% vit C, 1% folate.



TOMATOES



Grilled Eggplant Tomato Sandwich

Grilled Eggplant Tomato Sandwich

Prep: 10 minutes **Stand:** 10 minutes
Cook: 10 minutes
Makes: 4 servings

1 large **eggplant** (about 1 lb/500 g)
½ tsp (2 mL) **salt**
¼ cup (50 mL) **extra-virgin olive oil**
1 tbsp (15 mL) **lemon juice**
½ tsp (2 mL) dried **thyme**
Pinch **pepper**
1 loaf **focaccia**
2 **tomatoes,** sliced
6 large **basil leaves**

ROMANO MAYO:
¼ cup (50 mL) **light mayonnaise**
2 tbsp (25 mL) finely grated **Romano cheese**
1 tsp (5 mL) **lemon juice**
¼ tsp (1 mL) **pepper**

Peel eggplant; cut into ½-inch (1 cm) thick slices. Sprinkle with salt. Let stand in colander until moisture seeps out, about 10 minutes. Pat dry with paper towel.

Whisk together oil, lemon juice, thyme and pepper; brush half over eggplant. Place on greased grill over medium heat; close lid and grill, turning once and brushing with remaining oil mixture, until tender, about 10 minutes.

ROMANO MAYO: Meanwhile, in small bowl, whisk together mayonnaise, cheese, lemon juice and pepper; set aside.

Cut focaccia into 4 pieces; cut each in half lengthwise. Sandwich eggplant, Romano Mayo, tomatoes and basil in focaccia.

PER SERVING: about 490 cal, 11 g pro, 23 g total fat (4 g sat. fat), 64 g carb, 8 g fibre, 9 mg chol, 987 mg sodium, 298 mg potassium. % RDI: 5% calcium, 36% iron, 7% vit A, 17% vit C, 55% folate.

Heirloom Tomatoes with Basil

Prep: 5 minutes
Makes: 6 to 8 servings

2 lb (1 kg) mixed **heirloom tomatoes**
Pinch each **salt** and **pepper**
1 tbsp (15 mL) **extra-virgin olive oil**
1 tbsp (15 mL) **wine vinegar**
4 leaves **fresh basil,** slivered

Cut tomatoes into ½-inch (1 cm) thick slices; arrange in centre of platter.

Sprinkle with salt and pepper; drizzle with oil and vinegar. Sprinkle with basil.

PER EACH OF 8 SERVINGS: about 35 cal, 1 g pro, 2 g total fat (trace sat. fat), 4 g carb, 1 g fibre, 0 mg chol, 6 mg sodium. % RDI: 1% calcium, 2% iron, 9% vit A, 23% vit C, 8% folate.

VARIATION

Heirloom Caprese Salad

Reduce tomatoes to 1½ lb (750 g) and alternate with slices of fresh mozzarella cheese or buffalo mozzarella cheese (about one 200 g ball).

GROWING TOMATOES

Tomato varieties are divided into two broad groups: determinate and indeterminate.

- **Determinate tomatoes** are early-season tomatoes, meaning they grow to a certain size, set their fruit and stop growing. The plants are usually short and bushy and don't require staking.
- **Indeterminate tomatoes** grow and bear fruit indefinitely until frost kills them. Their vines should be staked and supported to prevent fruit from rotting.

Sow tomato seeds indoors in flats six to eight weeks before the last expected frost. Transplant to 3- or 4-inch (8 or 10 cm) pots when seedlings are about 1 inch (2.5 cm) tall. Or purchase seedlings. Harden off the plants by setting pots outdoors in a protected, sunny location for a few nights. This will allow them to adjust to the stress of outdoors before rooting in the cool ground.

Transplant seedlings to a sunny site in rich, well-draining soil. Bonemeal put into each hole may prove beneficial. Set a stake beside each plant to secure it as it grows. Water regularly, especially when young, to help them ripen and prevent cracking or disease. When tomatoes are beginning to turn colour, check daily and pick them fully coloured and firm, but not hard.

For container gardening, choose dwarf, bush or cherry tomatoes. Keep container in a sunny spot; water regularly.

Support your plants with a tomato cage. Find a materials list and instructions at canadianliving.com/tomatocage.

WHAT IS HEIRLOOM?

Heirloom seeds and vegetables are popping up all over the place at farmer's markets and nurseries, and even some grocery stores.

The term "heirloom vegetable" covers many things. It can mean that the plant is no different from those found growing in their native setting or in the wild. More likely, it means that they are from seeds that have been collected by farmers over many years from crops showing desirable traits.

Unlike hybrid seeds, heirloom seeds produce plants that are identical to their parent plants. Often these seeds are passed from farmer to farmer for many generations.

One of the benefits of choosing heirloom seeds is the startling selection of vegetables. The other benefit is environmental. Choosing heirloom seeds helps protect genetic diversity, thereby supporting a more diverse wildlife system. Because the seeds have often been naturally selected for their good qualities (such as pest or disease resistance), there is a lesser need to use chemical treatments to obtain healthy plants.

Look for an increasingly available number of heirloom vegetable seeds or plants in nurseries across the country. Or check out Seeds of Diversity at seeds.ca for cross-country heirloom or heritage seed exchange programs.

Discover five reasons why you should grow heirloom plants at canadianliving.com/heirloom.

Spaghetti with Tuna, Tomatoes and Capers

Prep: 10 minutes
Cook: 10 minutes
Makes: 4 to 6 servings

4 plum **tomatoes** (1 lb/500 g)
12 oz (375 g) **spaghetti**
¼ cup (50 mL) **extra-virgin olive oil**
¼ cup (50 mL) **capers,** drained and rinsed
½ cup (125 mL) chopped **fresh parsley**
3 cloves **garlic,** thinly sliced
¼ tsp (1 mL) each **salt** and **hot pepper flakes**
2 cans (each 6 oz/170 g) **tuna**

Score X in bottom of each tomato; plunge in large pot of boiling salted water for 12 seconds. Using slotted spoon, transfer to bowl of ice water; let stand for 20 seconds. Peel off skins; seed, chop and set aside.

In same pot, cook spaghetti until al dente, about 10 minutes. Drain and return to pot, reserving ¼ cup (50 mL) of the cooking liquid.

Meanwhile, in small skillet, heat oil over medium-high heat; cook capers, stirring, for 1 minute.

Add parsley, garlic, salt and hot pepper flakes; cook, stirring, for 2 minutes. Add to pasta along with tomatoes. Add tuna; toss to coat.

PER EACH OF 6 SERVINGS: about 360 cal, 20 g pro, 11 g total fat (2 g sat. fat), 46 g carb, 4 g fibre, 13 mg chol, 588 mg sodium, 351 mg potassium. % RDI: 3% calcium, 25% iron, 11% vit A, 25% vit C, 60% folate.

Cannelloni with Fresh Tomato Sauce

Prep: 15 minutes
Cook: 50 minutes
Makes: 5 or 6 servings

6 sheets **fresh lasagna noodles**
2 cups (500 mL) **ricotta cheese**
1 **egg,** lightly beaten
⅓ cup (75 mL) grated **Parmesan cheese**
¼ cup (50 mL) chopped **fresh flat-leaf parsley**
½ tsp (2 mL) salt
Pinch each **grated nutmeg** and **pepper**

FRESH TOMATO SAUCE:
2½ lb (1.25 kg) ripe **tomatoes,** peeled
¼ cup (50 mL) **extra-virgin olive oil**
2 cloves **garlic,** smashed
½ tsp (2 mL) **salt**
Pinch **pepper**
¼ cup (50 mL) loosely packed **fresh basil leaves,** torn

FRESH TOMATO SAUCE: Halve tomatoes crosswise; into sieve over bowl, squeeze out seeds and juice. Press seeds to extract juice; discard seeds. Set tomatoes and juice aside.

In skillet, heat oil over medium heat; cook garlic, salt and pepper until garlic just turns golden. Discard garlic.

Stir in tomatoes and juice; bring to simmer. Reduce heat and simmer, until no longer watery, 15 to 20 minutes. Stir in basil. Set aside.

Cut lasagna noodles in half crosswise. In large pot of boiling salted water, cook noodles until tender but firm, 2 to 3 minutes. Drain and rinse under cold water; drain again.

Mix together ricotta cheese, egg, Parmesan cheese, parsley, salt, nutmeg and pepper. Spread about ¾ cup (175 mL) of the tomato sauce in 13- x 9-inch (3 L) baking dish. »



Spaghetti with Tuna,
Tomatoes and Capers



Rigatoni with Roasted
Tomatoes and Beans

Spread 3 tbsp (45 mL) of the ricotta mixture along long edge of each noodle; roll up into cylinder. Place, seam side down, in baking dish; spoon remaining sauce over top. Cover with foil.

Bake in 400°F (200°C) oven until bubbly, about 20 minutes. Uncover and bake for 10 minutes.

PER EACH OF 6 SERVINGS: about 463 cal, 21 g pro, 24 g total fat (10 g sat. fat), 43 g carb, 4 g fibre, 121 mg chol, 696 mg sodium, 542 mg potassium. % RDI: 24% calcium, 19% iron, 28% vit A, 38% vit C, 54% folate.

Rigatoni with Roasted Tomatoes and Beans

Prep: 12 minutes
Cook: 25 minutes
Makes: 4 to 6 servings

1 tbsp (15 mL) **butter**
½ cup (125 mL) **fresh whole wheat bread crumbs**
12 oz (375 g) **rigatoni** pasta
¼ cup (50 mL) chopped **fresh parsley**
½ cup (125 mL) grated **Parmesan cheese**

ROASTED CHERRY TOMATOES:
4 cups (1 L) **grape tomatoes** or cherry tomatoes, halved
2 cloves **garlic,** sliced
2 tbsp (25 mL) **extra-virgin olive oil**
1 tbsp (15 mL) **red wine vinegar**
1 tsp (5 mL) **dried oregano**
¼ tsp (1 mL) each **salt** and **pepper**
1 can (19 oz/540 mL) **navy beans,** drained and rinsed

ROASTED CHERRY TOMATOES: In 13- x 9-inch (3.5 L) metal cake pan, toss together tomatoes, garlic, oil, vinegar, oregano, salt and pepper; roast in 400°F (200°C) oven until shrivelled, about 20 minutes. Stir in beans and heat through, about 5 minutes.

Meanwhile, in skillet, melt butter over medium heat; toast bread crumbs, stirring often, until crisp and golden, about 3 minutes. Set aside.

Meanwhile, in large pot of boiling salted water, cook pasta until al dente, about 12 minutes. Drain and return to pot. Add tomato mixture, parsley and half of the cheese, tossing to coat. Serve sprinkled with bread crumbs and remaining cheese.

PER EACH OF 6 SERVINGS: about 410 cal, 17 g pro, 10 g total fat (3 g sat. fat), 64 g carb, 5 g fibre, 10 mg chol, 665 mg sodium, 497 mg potassium. % RDI: 13% calcium, 29% iron, 13% vit A, 27% vit C, 77% folate.

Chilled Tarragon Roasted Tomato Soup

Prep: 10 minutes
Cook: 45 minutes
Chill: 4 hours
Makes: 8 to 10 servings

* To serve hot, replace buttermilk with 10% cream. Reheat until simmering.

6 **Roma tomatoes** or plum tomatoes (about 2 lb/1 kg)
2 **sweet red peppers**
2 tbsp (25 mL) **extra-virgin olive oil**
1 **onion,** chopped
1 **carrot,** chopped
1 small bulb **fennel,** chopped
2 cups (500 mL) **vegetable broth**
½ tsp (2 mL) each **salt** and **pepper**
6 sprigs **fresh tarragon**
1 cup (250 mL) **buttermilk**

Rub tomatoes and red peppers with 1 tsp (5 mL) of the oil; roast on greased foil-lined baking sheet in 450°F (230°C) oven, turning every 10 minutes, until blistered and blackened, about 40 minutes. Let cool enough to handle.

Reserving pulp and juices, peel off skins. Discard seeds from peppers. Set aside. »

Meanwhile, in saucepan, heat remaining oil over medium heat; cook onion, carrot and fennel, stirring occasionally, until softened, about 10 minutes.

Stir in broth, 1 cup (250 mL) water, salt and pepper. Tie 4 sprigs tarragon together with string; add to soup. Bring to boil; reduce heat, cover and simmer for 15 minutes.

Stir in tomato and red pepper pulp and juices; simmer for 5 minutes. Let cool. Discard tarragon bundle.

In batches in blender or food processor, purée soup until smooth. Transfer to bowl; whisk in buttermilk. Cover and refrigerate until cold, about 4 hours.

Chop remaining tarragon; sprinkle over each serving.

PER EACH OF 10 SERVINGS: about 71 cal, 2 g pro, 3 g total fat (1 g sat. fat), 10 g carb, 2 g fibre, 2 mg chol, 350 mg sodium. % RDI: 5% calcium, 4% iron, 30% vit A, 87% vit C, 9% folate.

Tomato-Sweet Onion Crisp

Prep: 10 minutes
Cook: 55 minutes
Makes: 6 servings

1 **sweet onion**
3 large **tomatoes**
3 tbsp (45 mL) **extra-virgin olive oil**
2 cloves **garlic,** minced
½ tsp (2 mL) each **salt** and **pepper**
2 slices (1 inch/2.5 cm thick) **sourdough bread,** crusts removed
¼ cup (50 mL) grated **Asiago cheese**
2 tbsp (25 mL) chopped **fresh parsley**

Cut onion into ¼-inch (5 mm) thick slices and separate into rings; spread in 13- x 9-inch (3 L) oval gratin dish.

Cut tomatoes into ½-inch (1 cm) thick slices; overlap on onion. Drizzle with 1 tbsp (15 mL) of the oil; sprinkle with garlic, salt and pepper. Bake in 400°F (200°C) oven until almost all moisture is evaporated, about 40 minutes.

Meanwhile, in food processor, pulse bread until in coarse crumbs with some larger pieces. Add cheese and parsley; drizzle in remaining oil, pulsing to combine. Sprinkle over vegetables; bake until golden and crisp, about 15 minutes.

PER SERVING: about 143 cal, 3 g pro, 9 g total fat (2 g sat. fat), 14 g carb, 2 g fibre, 4 mg chol, 305 mg sodium. % RDI: 6% calcium, 7% iron, 7% vit A, 33% vit C, 14% folate.

Baked Tomatoes

Prep: 10 minutes
Cook: 25 minutes
Makes: 6 servings

6 ripe **tomatoes** (about 3 lb/1.5 kg)
¼ cup (50 mL) **butter,** softened
1 clove **garlic,** minced
1 tbsp (15 mL) chopped **fresh parsley**
Dash **Worcestershire sauce**
Pinch each **salt** and **pepper**
1 cup (250 mL) **fresh bread crumbs**

Slice tops off stem ends of tomatoes; scoop out about 1 tbsp (15 mL) of the flesh from each.

In bowl, mash butter, garlic, parsley, Worcestershire sauce, salt and pepper; spoon half into hollows of tomatoes.

Melt remaining butter mixture; toss with bread crumbs. Divide among tomatoes. Bake in 8-inch (2 L) square glass baking dish in 425°F (220°C) oven until tomatoes are softened and crumbs are golden, 25 to 30 minutes.

PER SERVING: about 108 cal, 2 g pro, 8 g total fat (5 g sat. fat), 8 g carb, 2 g fibre, 20 mg chol, 99 mg sodium. % RDI: 2% calcium, 4% iron, 16% vit A, 23 vit C, 9% folate.

Charred Tomato Fennel Salsa

Prep: 10 minutes
Cook: 20 minutes
Makes: about 4 cups (1 L), or 6 to 8 servings

2 lb (1 kg) **beefsteak tomatoes**
1 **white onion**
½ tsp (2 mL) **fennel seeds**
2 cloves **garlic,** minced
¼ cup (50 mL) **extra-virgin olive oil**
2 tbsp (25 mL) **lemon juice**
1 tsp (5 mL) **balsamic vinegar**
¼ tsp (1 mL) **salt**

Cut tomatoes and onion into 1-inch (2.5 cm) thick slices; set aside.

In cast-iron skillet over high heat, toast fennel seeds, shaking pan, until fragrant, 1 to 2 minutes. Crush seeds and transfer to large bowl; let cool.

In same skillet, working in batches, cook tomatoes and onion, turning once, until softened and charred, about 3 minutes. Let cool on tray. Cut into about ¾-inch (2 cm) cubes; add to fennel seeds.

Add garlic, oil, lemon juice, vinegar and salt; stir to combine. Serve or refrigerate for up to 24 hours.

PER EACH OF 8 SERVINGS: about 96 cal, 1 g pro, 7 g total fat (1 g sat. fat), 8 g carb, 2 g fibre, 0 mg chol, 82 mg sodium. % RDI: 2% calcium, 4% iron, 9% vit A, 28% vit C, 9% folate.

Chipotle Salsa

Prep: 30 minutes
Cook: 2½ hours
Makes: about eight 2-cup (500 mL) jars

8 oz (250 g) **jalapeño peppers** (about 6)
1 can (7 oz/198 g) **chipotle peppers in adobo sauce**
16 cups (4 L) coarsely chopped peeled **tomatoes** (7 lb/3.15 kg)
6 cups (1.5 L) chopped seeded **Cubanelle,** Anaheim or sweet banana **peppers** (1¾ lb/875 g)
4 cups (1 L) chopped **onions** (about 2 lb/1 kg)
4 cups (1 L) chopped **sweet green peppers** (about 2 lb/1 kg)
4 cups (1 L) **cider vinegar**
8 cloves **garlic,** minced
2 cans (each 5½ oz/156 mL) **tomato paste**
¼ cup (50 mL) **granulated sugar**
2 tbsp (25 mL) **salt**
2 tsp (10 mL) **dried oregano**
¾ cup (175 mL) chopped **fresh coriander**

Wearing rubber gloves, seed, core and finely chop jalapeño peppers to make 1 cup (250 mL).

Reserving sauce, remove chipotle peppers from can; seed if desired and chop.

In large heavy nonaluminum stock pot, combine jalapeño peppers, chipotle peppers, adobo sauce, tomatoes, Cubanelle peppers, onions, green peppers, vinegar, garlic, tomato paste, sugar, salt and oregano; bring to boil, stirring often. Reduce heat to medium-low; simmer, stirring often, until thickened, 2 to 2¼ hours.

Add coriander; simmer, stirring occasionally, for 10 minutes. »

Fill hot 2-cup (500 mL) canning jars, leaving ½-inch (1 cm) headspace. Cover with prepared lids. Screw on bands until resistance is met; increase to fingertip tight. Boil in boiling water canner for 20 minutes. (See Canning Basics, page 94.)

PER 1 TBSP (15 ML): about 8 cal, trace pro, 0 g total fat (0 g sat. fat), 2 g carb, trace fibre, 0 mg chol, 55 mg sodium. % RDI: 1% iron, 2% vit A, 10% vit C, 1% folate.

Tomato Tomatillo Salsa

Prep: 10 minutes
Cook: 3 minutes
Makes: about 3 cups (750 mL), or 4 to 6 servings

4 **tomatoes**
4 canned or fresh **tomatillos**
Half small **red onion,** diced
2 **jalapeño peppers,** minced
1 clove **garlic,** minced
⅔ cup (150 mL) chopped **fresh coriander**
¼ cup (50 mL) **extra-virgin olive oil**
3 tbsp (45 mL) **orange juice**
¼ tsp (1 mL) each **salt** and **pepper**

In saucepan of boiling water, blanch tomatoes just long enough to loosen skins, about 30 seconds. Immediately plunge into ice water. Peel, seed and chop enough to make about 2 cups (500 mL); let drain for 5 minutes.

Meanwhile, chop tomatillos to make about 1 cup (250 mL).

In bowl, combine tomatoes, tomatillos, onion, jalapeño peppers, garlic, coriander, oil, orange juice, salt and pepper. Serve or refrigerate for up to 24 hours; drain before using.

PER EACH OF 6 SERVINGS: about 112 cal, 1 g pro, 9 g total fat (1 g sat. fat), 7 g carb, 2 g fibre, 0 mg chol, 102 mg sodium. % RDI: 1% calcium, 4% iron, 8% vit A, 32% vit C, 9% folate.

Chili Fruit Sauce

Prep: 15 minutes
Cook: 1½ hours
Makes: about four 2-cup (500 mL) jars

5 cups (1.25 L) peeled chopped **tomatoes** (2 lb/1 kg)
3 cups (750 mL) chopped peeled **pears** (about 3 large)
3 cups (750 mL) chopped **onions**
2 cups (500 mL) **cider vinegar**
1½ cups (375 mL) chopped peeled **plums**
1 cup (250 mL) chopped **celery**
1 cup (250 mL) each finely chopped **sweet red** and **green pepper**
1 cup (250 mL) packed **brown sugar**
½ cup (125 mL) finely chopped seeded **jalapeño peppers**
2 tsp (10 mL) **salt**

SPICE BAG:
1 **cinnamon stick,** broken in half
2 tbsp (25 mL) **pickling spice**
2 tsp (10 mL) **mustard seeds**
1 tsp (5 mL) **celery seeds**
½ tsp (2 mL) each whole **cloves** and **black peppercorns**

SPICE BAG: In square of cheesecloth, tie together cinnamon, pickling spice, mustard seeds, celery seeds, cloves and peppercorns. Set aside.

In large saucepan, combine tomatoes, pears, onions, vinegar, plums, celery, red and green peppers, sugar, jalapeño peppers, salt and spice bag. Bring to boil, stirring occasionally. Reduce heat and simmer for 45 minutes.

Using potato masher, mash any large pieces; cook until thickened and translucent, 15 to 30 minutes longer. Discard spice bag.

Fill hot 2-cup (500 mL) canning jars, leaving ½-inch (1 cm) headspace. Cover with prepared lids. Screw on bands until resistance is met; increase to fingertip tight. Boil in boiling water canner for 20 minutes. (See Canning Basics, page 94.)

PER 1 TBSP (15 ML): about 14 cal, trace pro, 0 g total fat (0 g sat. fat), 4 g carb, trace fibre, 0 mg chol, 38 mg sodium. % RDI: 1% iron, 1% vit A, 7% vit C, 1% folate.

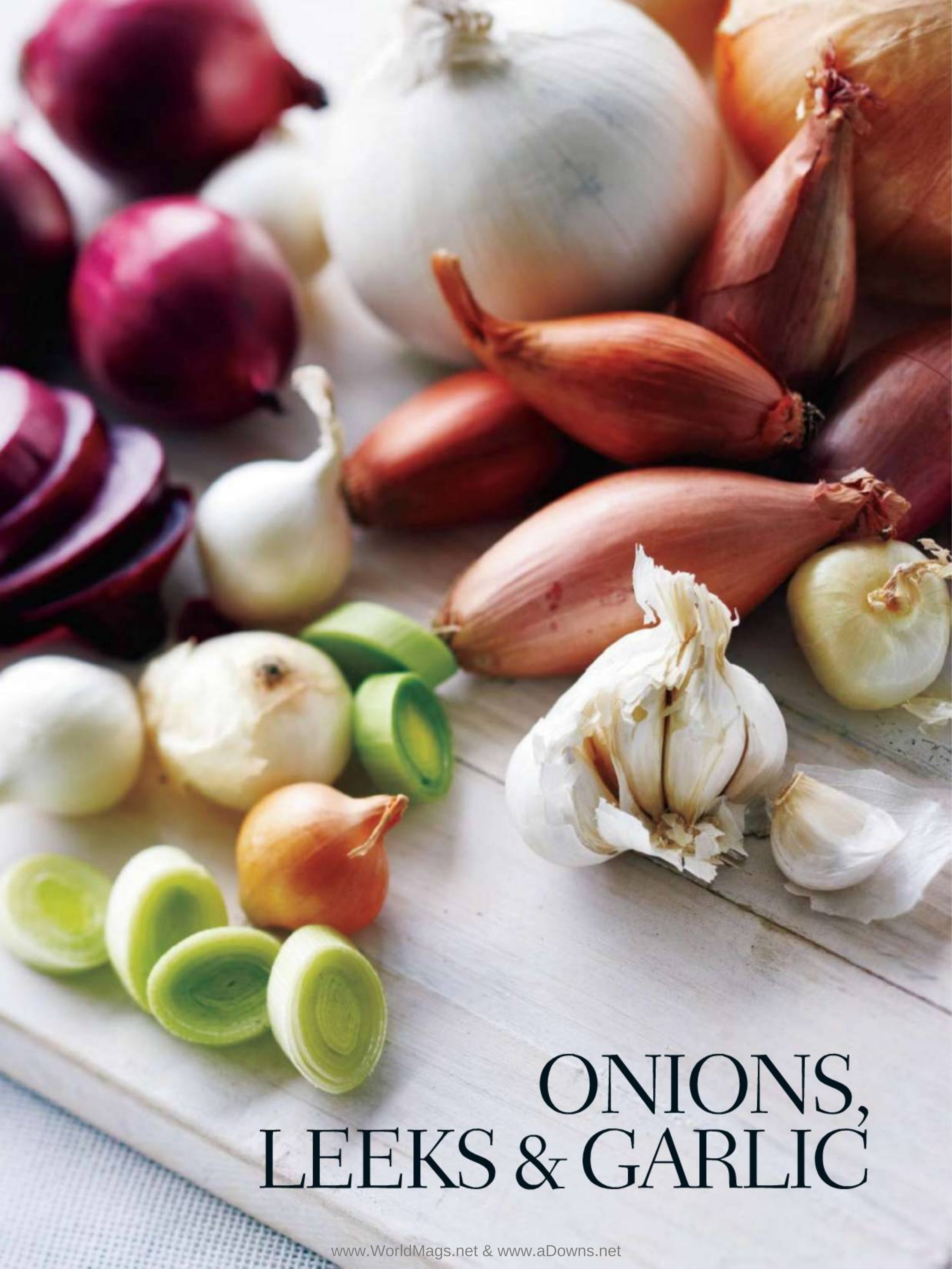
Guacamole with Tomato

Prep: 10 minutes
Makes: 2 cups (500 mL)

3 ripe **avocados,** peeled and pitted
2 tbsp (25 mL) **lime juice**
¼ cup (50 mL) finely diced **white onion**
1 **plum tomato,** seeded and diced
2 tbsp (25 mL) chopped **fresh coriander**
Pinch **salt**

In bowl and using fork, mash avocados with lime juice until smooth. Stir in onion, tomato, coriander and salt.

PER 1 TBSP (15 ML): about 31 cal, trace pro, 3 g total fat (trace sat. fat), 2 g carb, 1 g fibre, 0 mg chol, 2 mg sodium. % RDI: 1% iron, 3% vit C, 7% folate.



ONIONS, LEEKS & GARLIC


Find out how to grow, prevent pests on and harvest onions – from slim green to hefty Spanish – at canadianliving.com/onions.

GROWING ONIONS AND LEEKS

Among the benefits of growing onions and leeks is the fact that they remain relatively free of disease and pests and require little maintenance once planted. There are many different types of onions, and the choice can be overwhelming at the garden centre. Choose the varieties that make the most sense for your style of cooking. Because onions take up so little space when growing, you can experiment with a few different varieties each season.

Sow onion "sets" (tiny onions), and green onion, scallion and leek seeds in the garden either in late fall once the ground has frozen for an early spring harvest, or in early spring for a summer harvest. (Or both for that matter!) Keep soil moist and free of weeds that can choke plants. For leeks, mound soil around the necks of the plants to keep them from becoming tough and green.

Harvest onions when the tops have fallen over. Use a garden fork to lift them from the soil, then spread the bulbs in a warm, airy place for a few days to dry out. Harvest green onions or scallions when the bulbs are ¼ to ½ inch (5 mm to 1 cm) in diameter (check by pulling one out). Harvest leeks when you need one for cooking; they can be harvested and eaten well before full maturity.

Grow container onions in a sunny site in well-draining soil. They make decent container plants because the bulbs and roots need only shallow soil.

Pickerel Burger with Warm Onions

Prep: 10 minutes
Chill: 10 minutes
Cook: 25 minutes
Makes: 4 servings

- 1 lb (500 g) **boneless skinless pickerel fillets**
- ¼ cup (50 mL) **all-purpose flour**
- 1 **egg,** beaten
- 1 **green onion,** chopped
- 2 tsp (10 mL) each chopped **capers** and **lemon juice**
- ¼ tsp (1 mL) each **salt** and **pepper**
- 3 tbsp (45 mL) **cornmeal**
- 2 tbsp (25 mL) **vegetable oil**
- 4 **hamburger buns**

WARM ONIONS:

- 1 tbsp (15 mL) each **vegetable oil** and **mustard seeds**
- 1 **sweet onion,** sliced
- ¼ cup (50 mL) **cider vinegar**
- 1 tsp (5 mL) packed **brown sugar**

On foil-lined baking sheet, bake pickerel in 350°F (180°C) oven until fish flakes easily when tested, about 15 minutes. Pat dry and let cool.

In bowl, flake fish with fork; mix in flour, egg, onion, capers, lemon juice, salt and pepper. Shape into 4 patties; refrigerate for 10 minutes. Coat patties in cornmeal.

WARM ONIONS: Meanwhile, in skillet, heat oil over medium heat; cook mustard seeds and onion until softened, 5 minutes. Add vinegar and sugar; cook until evaporated.

In clean skillet, heat oil over medium heat; fry burgers, turning once, until golden, about 5 minutes. Serve on buns along with onions.

PER SERVING: about 486 cal, 31 g pro, 17 g total fat (2 g sat. fat), 51 g carb, 4 g fibre, 144 mg chol, 603 mg sodium, 712 mg potassium. % RDI: 23% calcium, 34% iron, 5% vit A, 7% vit C, 57% folate.

Onion Soup with Gruyère Croûtes

Prep: 15 minutes
Cook: 65 minutes
Makes: 8 servings

- 3 tbsp (45 mL) **extra-virgin olive oil**
- 1 tbsp (15 mL) **butter**
- 6 large **onions,** thinly sliced (about 3 lb/1.5 kg)
- 2 cloves **garlic,** thinly sliced
- 1 tbsp (15 mL) chopped **fresh thyme**
- 1 **bay leaf**
- ¼ tsp (1 mL) each **salt** and **pepper**
- ½ cup (125 mL) **dry white wine**
- 4 cups (1 L) **sodium-reduced beef broth**
- Chopped **fresh thyme** or parsley

GRUYÈRE CROÛTES:

- 8 slices **baguette**
- 1½ cups (375 mL) shredded **Gruyère cheese**

In Dutch oven, heat oil and butter over medium heat; cook onions, stirring, until golden brown, about 40 minutes.

Add garlic, thyme, bay leaf, salt and pepper; cook for 5 minutes.

Add wine and bring to boil; cook until no liquid remains. Stir in broth and 2 cups (500 mL) water; bring to boil. Reduce heat, cover and simmer for 20 minutes. Discard bay leaf.

GRUYÈRE CROÛTES: Meanwhile, on baking sheet, broil baguette slices until golden, about 2 minutes. Sprinkle with cheese; broil until melted and golden, about 3 minutes.

Float croûte on each serving of soup; sprinkle with thyme.

PER SERVING: about 238 cal, 8 g pro, 12 g total fat (4 g sat. fat), 25 g carb, 3 g fibre, 19 mg chol, 781 mg sodium. % RDI: 18% calcium, 7% iron, 6% vit A, 5% vit C, 16% folate.

Parsley, Sweet Onion and Watercress Soup

Prep: 10 minutes
Cook: 35 minutes
Makes: 6 servings

2 tbsp (25 mL) **butter**
2 large **sweet onions** (such as Vidalia), chopped
2 cups (500 mL) **sodium-reduced chicken broth**
3 cups (750 mL) loosely packed **fresh parsley**
2 cups (500 mL) chopped **watercress** (about 1 bunch)
½ tsp (2 mL) **salt**
1 cup (250 mL) **whipping cream**
2 **egg yolks**
Pinch each **white** and **cayenne pepper**

In skillet, melt butter over medium heat; cook onions, stirring, until softened, about 10 minutes. Set aside.

In large saucepan, bring broth and 2 cups (500 mL) water to boil. Add 2 cups (500 mL) of the parsley, watercress and salt; reduce heat, cover and simmer for 20 minutes.

Strain through sieve into bowl, pressing on solids. Return all but 1 cup (250 mL) broth mixture to saucepan.

In blender, blend remaining parsley, cream, egg yolks, white and cayenne peppers, onions and reserved broth mixture on low until parsley is finely chopped. Return to saucepan.

Cook over medium-low heat, stirring constantly and without boiling, until thick enough to coat spoon, about 5 minutes.

PER SERVING: about 243 cal, 5 g pro, 20 g total fat (12 g sat. fat), 13 g carb, 1 g fibre, 129 mg chol, 470 mg sodium. % RDI: 11% calcium, 18% iron, 48% vit A, 73% vit C, 34% folate.

Golden Onion Tart

Prep: 15 minutes
Cook: 43 minutes
Makes: 4 to 6 servings

2 tbsp (25 mL) **vegetable oil**
6 cups (1.5 L) sliced **sweet onions** (about 2½ lb/1.25 kg)
¼ tsp (1 mL) **caraway seeds**
2 tbsp (25 mL) **wine vinegar**
¾ tsp (4 mL) each **salt** and **pepper**
2 cloves **garlic,** minced
1 lb (500 g) **pizza dough**
1 **egg,** beaten
⅓ cup (75 mL) **sour cream**
1 **green onion,** chopped

In large shallow Dutch oven, heat oil over medium heat; cook onions, stirring occasionally, until golden, 12 to 15 minutes.

Using mortar and pestle or back of heavy skillet, crush caraway seeds; add to pan along with vinegar, salt, pepper and garlic. Cook for 1 minute, scraping up any brown bits. Transfer to large bowl; let cool slightly.

On lightly floured surface, roll out dough into 14-inch (35 cm) circle. Place on greased 12-inch (30 cm) pizza pan. Roll up overhang to form lip, pinching to seal.

Add egg, sour cream and green onion to cooked onion mixture; mix thoroughly. Spread evenly over dough, leaving lip uncovered.

Bake in 350°F (180°C) oven until crust is golden and filling is set in centre, about 30 minutes. Cut into wedges.

PER EACH OF 6 SERVINGS: about 341 cal, 9 g pro, 11 g total fat (3 g sat. fat), 53 g carb, 4 g fibre, 39 mg chol, 671 mg sodium. % RDI: 7% calcium, 17% iron, 3% vit A, 13% vit C, 23% folate.



Golden Onion Tart

Creamy Leek and Potato Soup with Pumpernickel Croutons

Prep: 20 minutes
Cook: 35 minutes
Makes: 8 to 10 servings

3 tbsp (45 mL) **vegetable oil**
3 **leeks** (white and light green parts only), thinly sliced (about 12 oz/375 g)
1 each rib **celery** and **carrot,** diced
½ tsp (2 mL) **salt**
¼ tsp (1 mL) **dried thyme**
¼ tsp (1 mL) **white pepper**
3 **Yukon Gold potatoes** (2 lb/1 kg), peeled and chopped
4 cups (1 L) **sodium-reduced chicken broth** or vegetable broth
½ cup (125 mL) crumbled **blue cheese**
¼ cup (50 mL) minced **fresh parsley**

PUMPERNICKEL CROUTONS:
2 cups (500 mL) cubed **pumpernickel** or light rye bread
1 tbsp (15 mL) **extra-virgin olive oil**
1 small clove **garlic,** minced
Pinch each **salt** and **pepper**

In Dutch oven, heat oil over medium-high heat; sauté leeks, celery, carrot, salt, thyme and pepper until softened, about 10 minutes.

Add potatoes, broth and 4 cups (1 L) water; bring to boil. Reduce heat, cover and simmer until potatoes are tender, about 25 minutes. Let cool slightly.

In batches in blender, purée soup until smooth; strain into clean pot. Reheat if necessary.

PUMPERNICKEL CROUTONS: Meanwhile, in bowl, toss together bread cubes, oil, garlic, salt and pepper. Bake on baking sheet in 400°F (200°C) oven until golden, about 12 minutes. Let cool.

Garnish each serving of soup with croutons, blue cheese and parsley.

PER EACH OF 10 SERVINGS: about 181 cal, 6 g pro, 8 g total fat (4 g sat. fat), 23 g carb, 2 g fibre, 15 mg chol, 314 mg sodium. % RDI: 7% calcium, 10% iron, 27% vit A, 17% vit C, 15% folate.

Garlic Lime Shrimp

Prep: 10 minutes
Cook: 10 minutes
Makes: about 50 pieces or 4 main-course servings

1 tbsp (15 mL) **extra-virgin olive oil**
3 cloves **garlic,** minced
1 tbsp (15 mL) grated **lime rind**
¼ tsp (1 mL) each **cayenne pepper** and **salt**
1¾ lb (875 g) **large raw shrimp** (about 50), peeled and deveined
¼ cup (50 mL) **white wine**
2 tbsp (25 mL) **lime juice**
3 **green onions,** chopped
2 tbsp (25 mL) chopped **fresh coriander**

In large nonstick skillet, heat oil over medium heat; cook garlic, lime rind, cayenne pepper and salt, stirring occasionally, until aromatic, about 2 minutes.

Add shrimp; cook, stirring often, until just beginning to turn pink, about 3 minutes.

Add wine and lime juice; cook over medium-high heat, stirring, until shrimp are bright pink and almost no liquid remains, about 3 minutes. Toss with onions and coriander.

PER PIECE: about 16 cal, 2 g pro, trace total fat (0 g sat. fat), trace carb, 0 g fibre, 18 mg chol, 29 mg sodium. % RDI: 1% calcium, 2% iron, 1% vit A, 2% vit C.

Rustic Spinach and Garlic Bruschetta

Prep: 10 minutes
Cook: 16 minutes
Makes: 24 pieces

1 **baguette**
7 cloves **garlic**
½ tsp (2 mL) coarse **sea salt**
1 tbsp (15 mL) **extra-virgin olive oil**
8 cups (2 L) **spinach** or arugula, trimmed
2 tbsp (25 mL) **balsamic vinegar**
¼ tsp (1 mL) **pepper**
½ cup (125 mL) **feta cheese,** crumbled
¼ cup (50 mL) toasted **pine nuts**

Cut baguette diagonally into twenty-four ½-inch (1 cm) thick slices. Toast on baking sheet in 350°F (180°C) oven, turning once, until golden, about 10 minutes.

Using 1 of the garlic cloves, rub over 1 side of each toast. Mince remaining garlic.

In small bowl, mash minced garlic with salt to form paste. In large skillet or wok, heat oil over medium heat; fry garlic paste until aromatic, about 2 minutes.

Add spinach; cook, stirring occasionally, until wilted and bright green, about 4 minutes. Pour off any liquid.

Sprinkle with vinegar and pepper; toss to combine. Spoon onto prepared toasts; sprinkle with feta and pine nuts.

PER PIECE: about 60 cal, 2 g pro, 2 g total fat (1 g sat. fat), 8 g carb, 1 g fibre, 2 mg chol, 159 mg sodium. % RDI: 4% calcium, 8% iron, 14% vit A, 3% vit C, 16% folate.

Garlic Scape and Potato Salad

Prep: 10 minutes
Cook: 10 minutes
Makes: 6 servings

10 **new red potatoes** (2½ lb/1.25 kg), scrubbed and cubed
3 ribs **celery,** chopped
1 tbsp (15 mL) **extra-virgin olive oil**
1 cup (250 mL) finely chopped **garlic scapes**
½ cup (125 mL) finely chopped **red onion**

DRESSING:

⅔ cup (150 mL) **buttermilk** (approx)
¼ cup (50 mL) **light mayonnaise**
3 tbsp (45 mL) chopped **fresh dill**
1 tbsp (15 mL) **Dijon mustard**
¾ tsp (4 mL) each **salt** and **pepper**

In saucepan of boiling salted water, cover and cook potatoes until tender, about 10 minutes. Drain and place in large bowl. Add celery.

Meanwhile, in nonstick skillet, heat oil over medium-high heat; cook garlic scapes and onion, stirring occasionally, until onion is softened and scapes are tender-crisp, about 5 minutes. Add to potatoes.

DRESSING: In small bowl, whisk together buttermilk, mayonnaise, 2 tbsp (25 mL) of the dill, mustard, salt and pepper; pour over potato mixture and toss to coat. Add more buttermilk for moister salad, if desired. Garnish with remaining dill.

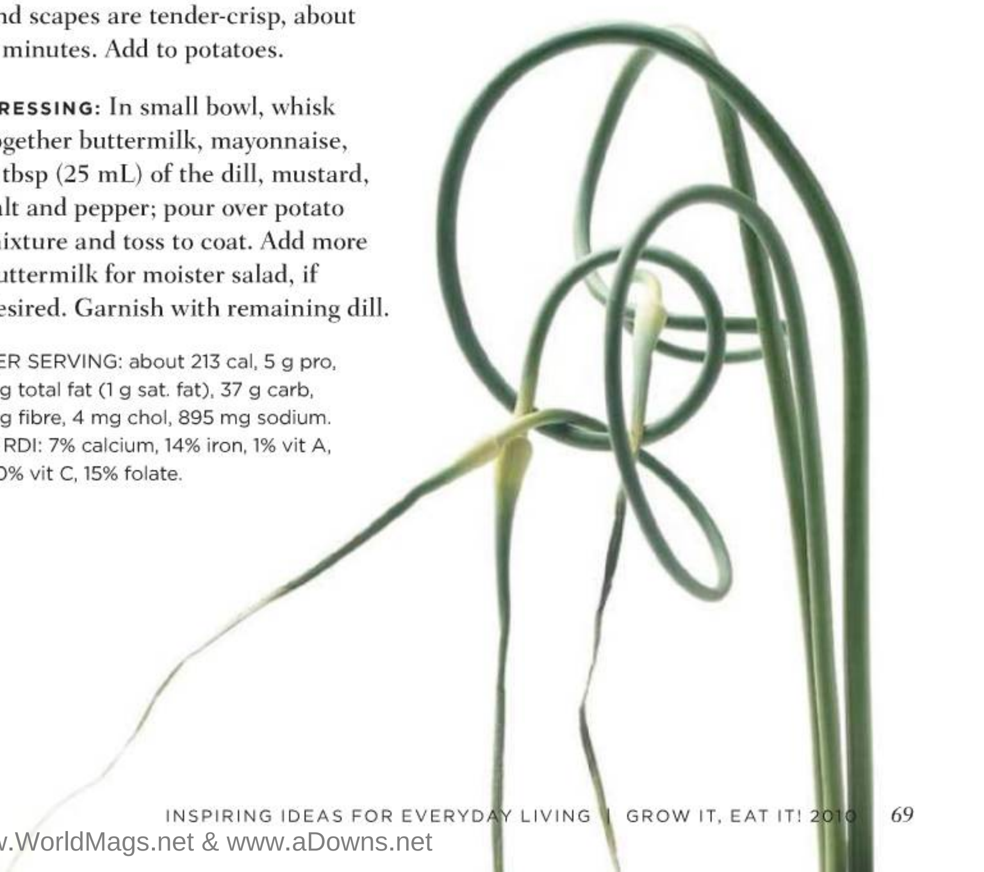
PER SERVING: about 213 cal, 5 g pro, 6 g total fat (1 g sat. fat), 37 g carb, 4 g fibre, 4 mg chol, 895 mg sodium. % RDI: 7% calcium, 14% iron, 1% vit A, 40% vit C, 15% folate.

GREAT GARLIC

With a ton of culinary uses and only a little growing space required, garlic is a garden must-have. Purchase cloves for planting from a local farm market or garden store to ensure the variety is correct for your climate.

Plant individual cloves in late fall, base down, 2 to 3 inches (5 to 8 cm) deep. Cut the scapes, or seed stalks, in summer for use in sautés and stir-fries. Harvest cloves once the leaves have begun to brown and wither, then spread in a warm, airy place for a few days to dry out. Store in a cool, dark place through winter.

What do you do with garlic scapes? Go to canadiangardening.com/garlicscapes and find out!



Ginger Green Onion Sauce

Prep: 10 minutes
Cook: 6 minutes
Makes: ½ cup (125 mL)

* Serve with grilled fish or chicken.

¼ cup (50 mL) **vegetable oil**
1 cup (250 mL) finely sliced **green onions**
2 tbsp (25 mL) minced **gingerroot**
1 tsp (5 mL) finely grated **lemon rind**
¼ tsp (1 mL) **granulated sugar**
Pinch **salt**

In small skillet, heat oil over medium-low heat. Add green onions, ginger, lemon rind, sugar and salt; reduce heat to low and cook, stirring, until onions are softened but still bright green, about 6 minutes. Serve or refrigerate for up to 2 days.

PER 1 TBSP (15 ML): about 37 cal, trace pro, 4 g total fat (trace sat. fat), 2 g carb, trace fibre, 0 mg chol, 2 mg sodium. % RDI: 1% calcium, 1% iron, 1% vit A, 3% vit C, 3% folate.

Sautéed Scapes with Red Pepper and Almonds

Prep: 5 minutes
Cook: 6 minutes
Makes: 4 servings

3 cups (750 mL) chopped (1-inch/2.5 cm) **garlic scapes**
1 tbsp (15 mL) **extra-virgin olive oil**
½ cup (125 mL) diced **sweet red pepper**
¼ tsp (1 mL) each **salt** and **pepper**
⅓ cup (75 mL) toasted **slivered almonds**

In saucepan of boiling salted water, cover and cook garlic scapes until tender-crisp, about 2 minutes. Drain and chill under cold water; drain well.

In large nonstick skillet, heat oil over medium heat; cook garlic scapes, red pepper, salt and pepper, stirring occasionally, until softened, about 4 minutes. Stir in almonds.

PER SERVING: about 120 cal, 4 g pro, 9 g total fat (1 g sat. fat), 9 g carb, 3 g fibre, 0 mg chol, 334 mg sodium. % RDI: 7% calcium, 11% iron, 10% vit A, 65% vit C, 17% folate.

Smashed Leek Potatoes

Prep: 8 minutes
Cook: 15 minutes
Makes: 8 servings

6 **Yukon Gold potatoes** (3 lb/1.5 kg)
3 tbsp (45 mL) **butter**
2 **leeks** (white and light green parts only)
¾ tsp (4 mL) each **salt** and **pepper**
Pinch **dried thyme**
1⅓ cups (325 mL) **buttermilk**

Scrub potatoes; cut into 2-inch (5 cm) cubes. In large saucepan of boiling salted water, cover and cook potatoes until tender, about 15 minutes. Drain and return to pot.

Meanwhile, in small skillet, melt 1 tbsp (15 mL) of the butter over medium heat; cook leeks, a pinch each of the salt and pepper, and thyme until tender, about 5 minutes.

Add buttermilk and remaining butter, salt and pepper to potatoes; smash with potato masher until smooth with a few large pieces remaining. Stir in leek mixture.

PER SERVING: about 186 cal, 4 g pro, 5 g total fat (3 g sat. fat), 32 g carb, 3 g fibre, 13 mg chol, 632 mg sodium. % RDI: 6% calcium, 11% iron, 4% vit A, 32% vit C, 10% folate.

Pearl Onion Pickles

Prep: 20 minutes
Cook: 1 minute
Chill: 48 hours
Makes: 6 cups (1.5 L)

2 pkg (each 10 oz/300 g) **pearl onions,** peeled, trimmed and halved
3 slices **gingerroot**

PICKLING BRINE:
1½ tsp (7 mL) each **black peppercorns** and **coriander seeds**
1½ cups (375 mL) **rice vinegar**
1 cup (250 mL) **granulated sugar**
1 cup (250 mL) **water**
¼ cup (50 mL) **fish sauce**

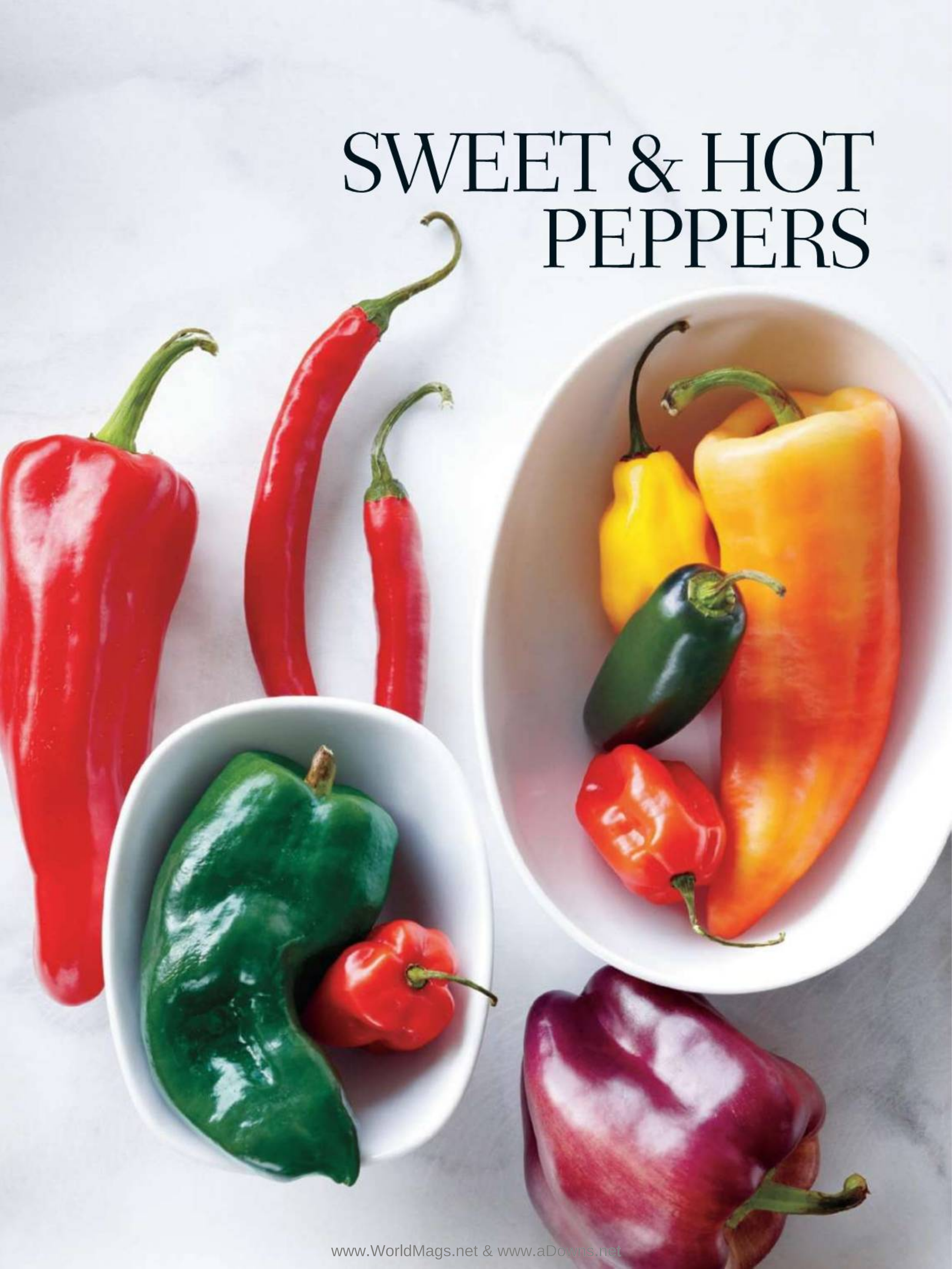
PICKLING BRINE: Place peppercorns and coriander seeds in square of cheesecloth; tie together in bundle.

In saucepan, bring vinegar, sugar, water, fish sauce and spice bundle to boil; boil until sugar is dissolved.

Add onions and ginger and return to boil; boil for 1 minute. Spoon into large jar, discarding cheesecloth bag; let cool to room temperature. Seal and refrigerate for 48 hours before using. Store in refrigerator for up to 2 weeks.

PER ¼ CUP (50 ML): about 21 cal, trace pro, 0 g total fat (0 g sat. fat), 5 g carb, trace fibre, 0 mg chol, 85 mg sodium, 34 mg potassium. % RDI: 1% iron, 2% vit C, 1% folate.

SWEET & HOT PEPPERS





Watch and learn a sweet technique for chopping hot peppers safely in our Best Tips & Techniques video at canadianliving.com/hotpepper.

GROWING PEPPERS

Sweet and hot peppers are heat-loving plants that come in a dazzling array of shapes, sizes and colours. If you live in an area with a short, moderate growing season, select early varieties, because even these need at least two months from seedling to harvest.

Sow pepper seeds indoors in individual pots about eight weeks before the last expected frost in your area. Once seedlings are about 1 inch (2.5 cm) tall, remove all but the strongest one in each pot. Keep soil moist and in a sunny, warm location until ready to transfer to the garden. Instead of starting from seeds, you can purchase seedlings from your local garden shop.

Whether you start from seeds or seedlings, harden-off plants by setting them outdoors in their pots in a protected and sunny location for a few days once all danger of frost has passed. This will give plants a chance to adjust to the stress of the outdoors before putting down their roots.

Peppers need moist soil to flower and set fruit, so keep soil moist around the plants, covering with mulch if necessary and watering the plants regularly in the height of summer.

Harvest sweet peppers at any stage of growth; they can be eaten big or small. Picking often allows the plant to be more productive. Cut branches instead of twisting or pulling them to avoid cracking or damaging plant. Allow hot peppers to reach full growth and flavour before harvesting.

Red Pepper Lime Soup

Prep: 15 minutes
Cook: 40 minutes
Makes: 4 to 6 servings

2 tbsp (25 mL) **vegetable oil**
1 **onion,** sliced
2 **plum tomatoes,** diced
3 cloves **garlic,** minced
1 **jalapeño pepper,** seeded and sliced
½ tsp (2 mL) grated **lime rind**
4 **sweet red peppers,** seeded and sliced
2 **bay leaves**
1 tsp (5 mL) **dried oregano**
½ tsp (2 mL) each **salt** and **pepper**
¼ tsp (1 mL) **dried mint**
2 cups (500 mL) **sodium-reduced chicken broth**
2 tbsp (25 mL) **lime juice**
¼ cup (50 mL) crumbled **feta cheese**
Lime wedges

TORTILLA STRIPS:
2 small **flour tortillas**
1 tsp (5 mL) **vegetable oil**

TORTILLA STRIPS: Brush tortillas with oil; stack and cut in half. Stack again and slice crosswise into strips. Separate strips and arrange on baking sheet; bake in 350°F (180°C) oven, turning once, until crisp and golden, about 10 minutes. Let cool.

Meanwhile, in Dutch oven, heat oil over medium heat; cook onion until softened, about 5 minutes.

Add tomatoes, garlic, jalapeño pepper and lime rind; cook until tomatoes are dry, about 5 minutes.

Add red peppers, bay leaves, oregano, salt, pepper and mint; cook for 10 minutes.

Stir in broth and 3 cups (750 mL) water; bring to boil. Reduce heat, cover and simmer until peppers are softened, about 20 minutes. Discard bay leaves. Stir in lime juice. Let cool for 10 minutes.

In blender in batches, purée soup until smooth. Strain through fine sieve.

Garnish each bowl with tortilla strips and feta cheese. Serve each with lime wedge.

PER EACH OF 6 SERVINGS: about 141 cal, 4 g pro, 8 g total fat (2 g sat. fat), 16 g carb, 2 g fibre, 6 mg chol, 515 mg sodium, 244 mg potassium. % RDI: 6% calcium, 8% iron, 32% vit A, 227% vit C, 15% folate.

Red Pepper Feta Dip

Prep: 5 minutes
Cook: 15 minutes
Makes: 1 cup (250 mL)

2 large **sweet red peppers**
¾ cup (175 mL) crumbled **feta cheese**
2 tsp (10 mL) **red wine vinegar**
Pinch each **granulated sugar** and **cayenne pepper**

Place peppers on greased grill over medium-high heat; close lid and cook, turning often, until charred, 15 to 20 minutes. Let cool; peel and seed.

In blender or food processor, purée together peppers, feta cheese, vinegar, sugar and cayenne.

PER 1 TBSP (15 ML): about 21 cal, 1 g pro, 1 g total fat (1 g sat. fat), 2 g carb, trace fibre, 5 mg chol, 65 mg sodium. % RDI: 3% calcium, 1% iron, 8% vit A, 57% vit C, 2% folate.



Roasted Peppers
with Cheese

Roasted Peppers with Cheese

Prep: 8 minutes
Cook: 35 minutes
Makes: 4 servings

4 small **sweet peppers** (about 1½ lb/750 g)
1 slice **whole wheat bread**
¼ cup (50 mL) **fresh basil leaves,** shredded
4 cloves **garlic,** minced
2 cups (500 mL) shredded **Monterey Jack cheese with jalapeño peppers** or Fontina cheese

Cut peppers in half lengthwise, keeping stems attached. Remove ribs and seeds. On lightly greased baking sheet, roast peppers, cut side down, in 400°F (200°C) oven until tender, about 20 minutes.

Meanwhile, toast bread; cut into about ¼-inch (5 mm) cubes. Divide among peppers; top evenly with half of the basil, the garlic and cheese.

Return to oven and roast until edges are slightly charred and cheese is bubbly, about 15 minutes. Sprinkle with remaining basil.

PER SERVING: about 270 cal, 16 g pro, 18 g total fat (11 g sat. fat), 13 g carb, 3 g fibre, 50 mg chol, 343 mg sodium. % RDI: 41% calcium, 10% iron, 64% vit A, 373% vit C, 16% folate.

Three-Pepper-and-Corn Slaw

Prep: 10 minutes
Cook: 3 minutes **Chill:** 1 hour
Makes: 6 to 8 servings

2 cups (500 mL) **fresh corn kernels** (about 3 cobs)
2 cups (500 mL) julienned peeled **jicama** (10 oz/300 g), optional
½ cup (125 mL) thinly sliced **red onion**
1 each **sweet red, green** and **yellow pepper,** thinly sliced
⅓ cup (75 mL) chopped **fresh coriander**

DRESSING:

¾ tsp (4 mL) **cumin seeds**
¼ cup (50 mL) **lime juice**
3 tbsp (45 mL) **vegetable oil**
2 cloves **garlic,** minced
1 tsp (5 mL) **granulated sugar**
½ tsp (2 mL) each **salt** and **pepper**

DRESSING: In cast-iron skillet, toast cumin seeds over high heat, shaking pan, until fragrant, 1 to 2 minutes. Crush seeds and transfer to large bowl; let cool.

Whisk lime juice, oil, garlic, sugar, salt and pepper into cumin seeds; set aside.

In batches in same skillet, cook corn, stirring often, until softened and charred, about 2 minutes. Let cool.

Add corn, jicama (if using), onion, red, green and yellow peppers, and coriander to dressing; toss to combine. Cover and refrigerate for 1 hour.

PER EACH OF 8 SERVINGS: about 100 cal, 2 g pro, 6 g total fat (1 g sat. fat), 13 g carb, 2 g fibre, 0 mg chol, 153 mg sodium 196 mg potassium. % RDI: 1% calcium, 4% iron, 7% vit A, 118% vit C, 12% folate.

Grilled Vegetable Lentil Couscous Salad

Prep: 10 minutes
Cook: 25 minutes
Makes: 4 servings

2 cloves **garlic**
¾ tsp (4 mL) **salt**
⅓ cup (75 mL) **extra-virgin olive oil**
3 tbsp (45 mL) **lemon juice**
½ tsp (2 mL) each **ground cumin** and **ground coriander**
2 each **zucchini** and **portobello mushrooms**
1 each **sweet red** and **yellow pepper**
½ cup (125 mL) **dried green lentils**
1 cup (250 mL) **whole wheat couscous**
⅓ cup (75 mL) minced **fresh coriander**
⅓ cup (75 mL) crumbled **feta cheese**

On cutting board, finely mince and rub garlic with salt until smooth paste. In small bowl, combine garlic mixture, oil, lemon juice, cumin and ground coriander. Set aside.

Slice zucchini lengthwise into ½-inch (1 cm) thick slices. Remove mushroom stems. Seed and quarter red and yellow peppers. Brush vegetables with 2 tbsp (25 mL) of the oil mixture.

Place vegetables on greased grill over medium heat; close lid and grill, turning often, until tender, 6 minutes for zucchini and 10 minutes for peppers and mushrooms. Let cool; coarsely chop.

Meanwhile, in saucepan of boiling salted water, cook lentils until tender, about 20 minutes; drain. Set aside.

Place couscous in large heatproof bowl. Stir in 1 cup (250 mL) boiling water; cover and let stand until absorbed, about 5 minutes. Fluff with fork.

Add lentils, vegetables, fresh coriander, cheese and remaining oil mixture to couscous; toss to combine.

PER SERVING: about 511 cal, 19 g pro, 23 g total fat (5 g sat. fat), 65 g carb, 13 g fibre, 11 mg chol, 671 mg sodium, 1,023 mg potassium. % RDI: 11% calcium, 38% iron, 23% vit A, 168% vit C, 78% folate.

Pasta-Stuffed Peppers

Prep: 10 minutes
Cook: 1¼ hours
Makes: 6 servings

¾ cup (175 mL) **tiny pasta**
1 cup (250 mL) chopped seeded peeled **tomato**
½ cup (125 mL) shredded **mozzarella cheese**
½ cup (125 mL) finely grated **Romano cheese**
2 **green onions,** chopped
⅓ cup (75 mL) chopped **fresh mint**
⅓ cup (75 mL) **extra-virgin olive oil**
Pinch **pepper**
6 **Sheppard peppers**
¼ cup (50 mL) **lemon juice**

In pot of boiling salted water, cook pasta until al dente, about 5 minutes. Drain and rinse under cold water; drain and transfer to bowl.

Add tomato, mozzarella cheese, Romano cheese, onions, mint, 3 tbsp (45 mL) of the oil and pepper.

Cut tops off peppers; scoop out seeds and ribs. Stuff with pasta mixture. Stand in 13- x 9-inch (3 L) glass baking dish; replace tops. Pour ⅔ cup (150 mL) water, lemon juice and remaining oil around peppers; cover with foil.

Bake in 375°F (190°C) oven for 50 minutes. Uncover and bake until peppers are tender, about 20 minutes. Transfer to serving platter; spoon juices into peppers.

PER SERVING: about 303 cal, 9 g pro, 17 g total fat (5 g sat. fat), 30 g carb, 4 g fibre, 17 mg chol, 203 mg sodium, 423 mg potassium. % RDI: 16% calcium, 16% iron, 72% vit A, 500% vit C, 36% folate.

Grilled Vegetable Lentil
Couscous Salad



Whole Wheat Pasta with Peppers, Tomatoes and Olives

Prep: 12 minutes

Cook: 18 minutes

Makes: 4 servings

2 tbsp (25 mL) **extra-virgin olive oil**

3 **sweet red, yellow** and/or **orange peppers,** thinly sliced

1 small **onion,** thinly sliced

2 cloves **garlic,** minced

1 tsp (5 mL) dried **marjoram** or thyme

¼ tsp (1 mL) **salt**

¼ tsp (1 mL) **pepper**

Pinch **hot pepper flakes**

2 **plum tomatoes,** diced

¼ cup (50 mL) **oil-cured black olives,** halved and pitted

2 tbsp (25 mL) **cider vinegar** or wine vinegar

8 oz (250 g) **whole wheat spaghettini**

¼ cup (50 mL) chopped **fresh parsley**

In large skillet, heat oil over medium heat; cook sweet peppers, onion, garlic, marjoram, salt, pepper and hot pepper flakes, stirring often, until saucy and very tender, about 18 minutes.

Add tomatoes, olives and vinegar; cook, stirring, until heated through.

Meanwhile, in large pot of boiling salted water, cook pasta until al dente, about 8 minutes. Drain and return to pot, reserving ½ cup (125 mL) cooking water.

Add pepper mixture and parsley to pot; toss to coat, adding enough of the reserved cooking water to moisten.

PER SERVING: about 328 cal, 10 g pro, 11 g total fat (2 g sat. fat), 53 g carb, 7 g fibre, 0 mg chol, 638 mg sodium. % RDI: 5% calcium, 20% iron, 18% vit A, 242% vit C, 16% folate.

Pepper Goulash

Prep: 15 minutes

Cook: 30 minutes

Makes: 6 to 8 servings

2 tbsp (25 mL) **vegetable oil**

1 **Spanish onion,** chopped

2 **carrots,** chopped

2 cloves **garlic,** finely chopped

2 **tomatoes,** chopped

3 tbsp (45 mL) **paprika**

1 tsp (5 mL) each **caraway seeds** and **dried marjoram**

¾ tsp (4 mL) **salt**

¼ tsp (1 mL) **pepper**

1 lb (500 g) **Sheppard peppers,** seeded and chopped

1 lb (500 g) **Cubanelle peppers,** seeded and chopped

1 **sweet green pepper,** seeded and chopped

1 lb (500 g) **white potatoes,** peeled and chopped

1½ cups (375 mL) **sodium-reduced chicken broth** or vegetable broth

In Dutch oven, heat oil over medium heat; cook onion, carrots and garlic, stirring occasionally, until softened, about 5 minutes.

Add tomatoes, paprika, caraway seeds, marjoram, salt and pepper; cook for 2 minutes.

Add Sheppard, Cubanelle and green peppers, and potatoes; cook for 3 minutes.

Stir in broth and 1 cup (250 mL) water; bring to boil. Reduce heat, cover and simmer until potatoes are tender, about 20 minutes.

PER EACH OF 8 SERVINGS: about 144 cal, 4 g pro, 4 g total fat (trace sat. fat), 25 g carb, 6 g fibre, 0 mg chol, 351 mg sodium 625 mg potassium. % RDI: 4% calcium, 11% iron, 65% vit A, 217% vit C, 18% folate.

Mixed Pepper Rajas

Prep: 10 minutes
Cook: 10 minutes
Makes: about 3 cups (750 mL)

2 **onions**
1 each **sweet red** and **yellow pepper**
1 **Cubanelle pepper** or sweet green pepper
2 tbsp (25 mL) **extra-virgin olive oil**
½ tsp (2 mL) each **salt** and **pepper**
1½ tsp (7 mL) **lime juice** or lemon juice

Thinly slice onions, red and yellow peppers, and Cubanelle pepper.

In large skillet, heat oil over medium heat; cook onions, red and yellow peppers, Cubanelle pepper, salt and pepper, stirring occasionally, until softened, about 10 minutes. Stir in lime juice.

PER ¼ CUP (50 ML): about 35 cal, 1 g pro, 2 g total fat (trace sat. fat), 4 g carb, 1 g fibre, 0 mg chol, 97 mg sodium. % RDI: 1% calcium, 1% iron, 4% vit A, 65% vit C, 3% folate.

Apricot Pepper Sauce

Prep: 5 minutes
Cook: 30 minutes
Makes: 1 cup (250 mL)

* You can refrigerate this in an airtight container for up to 1 week.

1 **sweet red pepper**
¼ cup (50 mL) chopped **dried apricots**
3 tbsp (45 mL) **extra-virgin olive oil**
3 **shallots,** sliced (or ¼ cup/50 mL chopped onion)
3 cloves **garlic,** sliced
1 **Scotch bonnet** or jalapeño pepper, seeded and chopped
2 tbsp (25 mL) **white wine vinegar**
Pinch each **salt** and **granulated sugar**

Broil red pepper, turning often, until charred, about 15 minutes. Let cool enough to handle; peel, seed and chop.

Meanwhile, soak apricots in ¼ cup (50 mL) boiling water for 15 minutes.

In skillet, heat oil over medium-low heat; cook shallots, garlic, Scotch bonnet pepper and red pepper, stirring occasionally, until very soft, about 15 minutes. Transfer to food processor.

Add vinegar, salt, sugar, apricots and soaking liquid to food processor; pulse until slightly chunky.

PER 1 TBSP (15 ML): about 32 cal, trace pro, 3 g total fat (trace sat. fat), 3 g carb, trace fibre, 0 mg chol, 1 mg sodium. % RDI: 1% iron, 4% vit A, 22% vit C, 1% folate.

Pawpaw Hot Sauce

Prep: 10 minutes
Cook: 30 minutes
Makes: 2 cups (500 mL)

*This sauce can be refrigerated in an airtight container for up to 3 weeks.

2 **carrots,** peeled and chopped
Half **English cucumber,** peeled and seeded
4 **Scotch bonnet peppers,** halved and seeded
2 cups (500 mL) chopped peeled seeded **papaya**
½ cup (125 mL) **white vinegar**
2 tsp (10 mL) packed **brown sugar**
½ tsp (2 mL) **salt**

In food processor, pulse carrots with cucumber. Add peppers and papaya; finely chop. Transfer to saucepan.

Stir in vinegar, ¼ cup (50 mL) water, brown sugar and salt; bring to boil. Reduce heat and simmer for 30 minutes.

PER 1 TBSP (15 ML): about 8 cal, trace pro, 0 g total fat (0 g sat. fat), 2 g carb, trace fibre, 0 mg chol, 39 mg sodium. % RDI: 1% iron, 11% vit A, 12% vit C.

Pickled Hot Peppers

Prep: 12 minutes
Cook: 25 minutes
Makes: six 2-cup (500 mL) jars

4 cups (1 L) **white vinegar**
4 cups (1 L) **water**
4 cloves **garlic,** smashed
4 tsp (20 mL) **pickling salt**
1 tbsp (15 mL) **pickling spice**
8 cups (2 L) sliced seeded **hot banana peppers** (about 1½ lb/750 g)
8 cups (2 L) sliced seeded **red Hungarian peppers** (about 1½ lb/750 g)

In large saucepan, bring vinegar, water, garlic, salt and pickling spice to boil. Reduce heat and simmer for 15 minutes; strain.

Toss hot banana peppers with red Hungarian peppers. Tightly pack into six 2-cup (500 mL) canning jars to within ½ inch (1 cm) of rim. Strain pickling liquid into jars, leaving ½-inch (1 cm) headspace.

Cover with prepared lids. Screw on bands until resistance is met; increase to fingertip tight. Boil in boiling water canner for 10 minutes. (See Canning Basics, page 94.)

PER ¼ CUP (50 ML): about 18 cal, 1 g pro, trace total fat (0 g sat. fat), 4 g carb, 1 g fibre, 0 mg chol, 108 mg sodium, 146 mg potassium. % RDI: 1% calcium, 3% iron, 3% vit A, 80% vit C, 5% folate.

Pepper Relish

Prep: 30 minutes
Cook: 1¾ hours
Makes: four 2-cup (500 mL) jars

6 cups (1.5 L) coarsely chopped peeled **tomatoes** (2 lb/1 kg)
4 cups (1 L) chopped **sweet onions** (1¼ lb/625 g)
4 cups (1 L) chopped seeded **Sheppard peppers** (1¼ lb/625 g)
2 cups (500 mL) chopped seeded **sweet green peppers** (12 oz/375 g)
1 cup (250 mL) chopped seeded **Anaheim,** sweet banana or Cubanelle peppers (6 oz/175 g)
1 cup (250 mL) chopped seeded **hot banana peppers** (6 oz/175 g)
1 cup (250 mL) finely chopped seeded **jalapeño peppers** (6 oz/175 g)
4 **hot red peppers,** seeded (optional) and finely chopped
8 cloves **garlic,** minced
1¾ cups (425 mL) **cider vinegar**
¼ cup (50 mL) **granulated sugar**
1 tbsp (15 mL) **pickling salt**

In large heavy nonaluminum stockpot, combine tomatoes, onions, Sheppard peppers, green peppers, Anaheim peppers, banana peppers, jalapeño peppers, hot red peppers, garlic, vinegar, sugar and salt. Bring to boil, stirring often. Reduce heat to medium-low and simmer, stirring often, until thickened, 1½ to 2 hours.

Fill four 2-cup (500 mL) canning jars, leaving ½-inch (1 cm) headspace. Cover with prepared lids. Screw on bands until resistance is met; increase to fingertip tight. Boil in boiling water canner for 20 minutes. (See Canning Basics, page 94.)

PER 1 TBSP (15 ML): about 9 cal, trace pro, trace total fat (0 g sat. fat), 2 g carb, trace fibre, 0 mg chol, 55 mg sodium, 54 mg potassium. % RDI: 1% iron, 3% vit A, 23% vit C, 2% folate.



ROOT VEGETABLES



English Brown Pickle

English Brown Pickle

Prep: 20 minutes
Cook: 1¾ hours
Makes: about five 2-cup (500 mL) jars

- 4 cups (1 L) diced peeled **rutabaga**
- 3 cups (750 mL) minced **cauliflower**
- 3 **carrots,** peeled and diced
- 2 **onions,** finely diced
- 2 cups (500 mL) finely diced **zucchini** (about 2 small)
- 2 **Granny Smith apples,** peeled, cored and finely diced
- 1 cup (250 mL) chopped **dates**
- 12 **gherkin pickles,** finely diced
- 5 cloves **garlic,** minced
- 1 cup (250 mL) packed **brown sugar**
- 2⅔ cups (650 mL) **malt vinegar**
- 2½ cups (625 mL) **water**
- ⅓ cup (75 mL) **lemon juice**
- ¼ cup (50 mL) **Worcestershire sauce**
- 2 tsp (10 mL) each **salt** and **mustard seeds**
- 1½ tsp (7 mL) **ground allspice**
- ¼ tsp (1 mL) **cayenne pepper**
- 2 tsp (10 mL) **unflavoured browning** (optional), such as Kitchen Bouquet
- 1 tbsp (15 mL) **all-purpose flour**

In large saucepan, combine rutabaga, cauliflower, carrots, onions, zucchini, apples, dates, gherkins, garlic and sugar. Stir in vinegar, water, lemon juice, Worcestershire sauce, salt, mustard seeds, allspice and cayenne; bring to boil. Reduce heat and simmer until reduced by half, about 1½ hours. Stir in browning (if using).

In small bowl, whisk flour with 2 tbsp (25 mL) water; whisk into vegetable mixture and boil for 3 minutes.

Fill hot 2-cup (500 mL) canning jars, leaving ½-inch (1 cm) headspace. Cover with prepared lids. Screw on bands until resistance is met; increase to fingertip tight. Boil in boiling water canner for 15 minutes. (See Canning Basics, page 94.)

PER 1 TBSP (15 mL): about 16 cal, trace pro, 0 g total fat (0 g sat. fat), 4 g carb, trace fibre, 0 mg chol, 53 mg sodium. % RDI: 1% calcium, 1% iron, 3% vit A, 3% vit C, 1% folate.

Cold Beet Borscht

Prep: 15 minutes
Cook: 35 minutes **Chill:** 4 hours
Makes: 8 servings

- 3 lb (1.5 kg) **beets with greens** (about 2 bunches)
- 2 **carrots**
- 1 tsp (5 mL) **dillseeds**
- ½ tsp (2 mL) **peppercorns**
- 6 whole **cloves**
- ¾ cup (175 mL) **dry white wine**
- 1 **white onion,** finely chopped
- 1½ tsp (7 mL) **salt**
- ½ cup (125 mL) **lemon juice**
- 2 tbsp (25 mL) **granulated sugar**
- 1 **cucumber,** sliced
- 6 **hard-cooked eggs,** sliced or quartered
- 1 cup (250 mL) **sour cream**
- Chopped **fresh dill** (optional)

Cut stalks off beets; set stalks aside. Peel and coarsely grate beets and carrots; set aside.

Place dillseeds, peppercorns and cloves in cheesecloth bag or metal spice (or tea) ball. Set aside.

In saucepan, bring 8 cups (2 L) water, wine, onion, salt and spice bag to boil. Add beets and carrots; reduce heat and simmer until tender, about 30 minutes.

Meanwhile, cut greens from beet stalks; shred greens and discard stalks. Add greens to pot; simmer until tender, about 5 minutes. Remove from heat.

Discard spice bag. Stir in lemon juice and sugar; let cool. Refrigerate for 4 hours. »

Don't miss our fun, interactive guide full of nutrition tips, growing bits and cooking quips all about the humble beet. Check out canadianliving.com/anatomyofabeet.

GROWING ROOTS

BEETS

Beets are easy to grow (requiring little space and maintenance), and almost the whole plant (leaves and root) is edible. While heat tolerant, beets prefer a cool climate, even standing up to a little frost.

Plant beets in rich, loose soil as soon as the ground can be worked, following seed-packet instructions. Where summers are cool, successive plantings at three-week intervals ensure fresh beets until late fall. In hot climates, time plantings so that beets mature at least seven weeks before or after daily temperatures average above 80°F (27°C).

The keys to tender beets are rapid growth and timely harvest. Too little water or nutrients or too many weeds slow growth, yielding tough, woody beets. Leaving them in the ground too long does the same thing.

Beet leaves and root are edible. Snip some greens about 1 inch (2.5 cm) from the soil when young and tender to use in salads. As the plant matures, greens can be cooked as for spinach or chard. To harvest roots, grip stems and pull gently, being sure to lift, not dig, out root. If the soil is too compact, loosen it with a pitchfork.

To prevent colour from "bleeding" when beets are cooked, leave 1 inch (2.5 cm) stems attached.

CARROTS

Carrots are easy to grow and can be enjoyed all year long. Cover the last planting with mulch when frost comes and you can even enjoy them from under a blanket of snow.

Carrots need relatively little time to mature (as little as 50 days, maybe less for super sweet and baby carrots). Sow seeds in rich, loose soil as soon as the ground can be worked, following seed-packet instructions. As the seeds germinate, prevent the soil from crusting over by keeping it moist. However, do not keep the soil soaked as the crop matures. Too much moisture can cause carrots to split and crack.

Harvest carrots by pulling the base of the greens gently when the root top measures about ¾ inch (2 cm) in diameter. A mature carrot can stay in the ground for weeks without getting tough.

PARSNIPS

The parsnip is a root vegetable that, unlike carrots or beets, matures slowly, taking as long as four months. A touch of frost enhances sweetness and a mulched or covered crop can last through the winter if the ground freezes.

Plant seeds in rich, loose soil about two weeks before the last expected frost date, following seed-packet instructions. The root grows up to 15 inches (38 cm) long, so remove any stones or other obstructions from the soil before planting to ensure straight parsnips.

Harvest parsnips when tops of roots measure 1½ to 2 inches (4 to 5 cm) in diameter. Because of their length, dig around them carefully with a spade or pitchfork instead of pulling them by the greens. In spring, dig up any parsnips left in the ground before the roots begin sprouting new leaves.

Top each serving with cucumber, egg and dollop of sour cream. Sprinkle with dill (if using).

PER SERVING: about 184 cal, 8 g pro, 8 g total fat (4 g sat. fat), 20 g carb, 4 g fibre, 151 mg chol, 640 mg sodium, 758 mg potassium. % RDI: 11% calcium, 14% iron, 66% vit A, 28% vit C, 42% folate.

Carrot Potage

Prep: 15 minutes
Cook: 50 minutes
Makes: 6 servings

- 1 tbsp (15 mL) each **extra-virgin olive oil** and **butter**
- 1 lb (500 g) **carrots,** peeled and chopped (4 cups/1 L)
- 4 oz (125 g) **turnip** or rutabaga, peeled and chopped (2 cups/500 mL)
- 1 **onion,** sliced
- 1 large clove **garlic,** sliced
- 2 **bay leaves**
- ½ tsp (2 mL) each **salt** and **pepper**
- Pinch **dried marjoram** or thyme
- 2 cups (500 mL) **sodium-reduced chicken broth** or water
- 1 large **potato,** peeled and chopped (1½ cups/375 mL)
- 4 oz (125 g) crumbled **blue cheese** (such as Blue Ermite or Blue Benedictine)
- 2 tbsp (25 mL) minced **fresh chives** or parsley

In Dutch oven, heat oil and butter over medium heat; cook carrots and turnip, cook, stirring occasionally, for 5 minutes.

Add onion, garlic, bay leaves, salt, pepper and marjoram; cook, stirring occasionally, until vegetables are softened but not coloured, about 10 minutes.

Stir in broth and 4 cups (1 L) warm water; cover and bring to boil. Add potato; reduce heat and simmer, covered, for 30 minutes. Let cool slightly. Discard bay leaves.

In batches in blender, purée soup until smooth. Pass though sieve into clean saucepan. Return just to boil; reduce heat and simmer over medium heat for 5 minutes, stirring and adding up to ¾ cup (175 mL) warm water for desired consistency.

Serve sprinkled with cheese and chives.

PER SERVING: about 190 cal, 7 g pro, 10 g total fat (5 g sat. fat), 20 g carb, 3 g fibre, 19 mg chol, 723 mg sodium. % RDI: 13% calcium, 4% iron, 135% vit A, 17% vit C, 12% folate.

Roasted Root Salad with Maple Mustard Vinaigrette

Prep: 12 minutes
Cook: 40 minutes **Stand:** 10 minutes
Makes: 4 to 6 servings

1½ lb (750 g) **parsnips** (about 3 large)
2 **carrots**
1 tbsp (15 mL) **vegetable oil**
¼ tsp (1 mL) each **salt** and **pepper**
1 **red-skinned apple,** cored and chopped
4 cups (1 L) packed **mâche leaves**
4 cups (1 L) packed **mixed baby greens**

MAPLE MUSTARD VINAIGRETTE:
¼ cup (50 mL) **vegetable oil**
2 tbsp (25 mL) **cider vinegar**
1 tsp (5 mL) each **Dijon mustard** and **maple syrup**
Pinch each **salt** and **pepper**

Peel and chop parsnips and carrots; toss with oil, salt and pepper. Roast on foil-lined baking sheet in 375°F (190°C) oven, stirring once, until golden and tender, 40 to 50 minutes. Let stand for 10 minutes.

MAPLE MUSTARD VINAIGRETTE: In large bowl, whisk together oil, vinegar, mustard, maple syrup, salt and pepper. Add apple, parsnips and carrots; toss to coat. Add mâche and mixed greens; toss again.

PER EACH OF 6 SERVINGS: about 210 cal, 3 g pro, 12 g total fat (1 g sat. fat), 26 g carb, 5 g fibre, 0 mg chol, 141 mg sodium, 736 mg potassium. % RDI: 8% calcium, 13% iron, 77% vit A, 57% vit C, 45% folate.

Beet Salad

Prep: 10 minutes
Cook: 20 minutes
Makes: 4 servings

20 small **beets,** about 1¼ lb (625 g)
1 tbsp (15 mL) chopped **fresh oregano**
1 tbsp (15 mL) **extra-virgin olive oil**
1 tbsp (15 mL) **white wine vinegar**
¼ tsp (1 mL) each **salt** and **pepper**
1 **green onion,** thinly sliced

Trim beet green tops to 1 inch (2.5 cm); leave roots.

In saucepan of boiling salted water, cover and cook beets until fork-tender, 20 to 25 minutes. Drain and let cool.

Slip off skins; cut into ¼-inch (5 mm) thick slices. Arrange in concentric circles on plate.

In small bowl, whisk together oregano, oil, vinegar, salt and pepper; drizzle over beets. Sprinkle with green onion.

PER SERVING: about 80 cal, 2 g pro, 4 g total fat (trace sat. fat), 11 g carb, 2 g fibre, 0 mg chol, 227 mg sodium. % RDI: 2% calcium, 7% iron, 1% vit A, 8% vit C, 40% folate.



Orange-Glazed Beets

Orange-Glazed Beets

Prep: 10 minutes
Cook: 30 minutes
Makes: 4 servings

2 lb (1 kg) **beets**
3 **green onions**
2 tbsp (25 mL) **extra-virgin olive oil**
2 cloves **garlic,** minced
¼ tsp (1 mL) ground **coriander**
¼ tsp (1 mL) each **salt** and **pepper**
¼ tsp (1 mL) grated **orange rind**
2 tbsp (25 mL) **orange juice**

Leaving root end intact, trim greens from beets, leaving about 1-inch (2.5 cm) stem. In saucepan of boiling salted water, cover and cook beets until fork-tender, about 25 minutes. Drain and let cool enough to handle. Slip off skins; quarter beets.

Meanwhile, thinly slice green onions; set light and dark green parts aside separately. In shallow Dutch oven, heat oil over medium heat; cook light green parts of onions, garlic, coriander, salt and pepper until softened, about 2 minutes.

Stir in orange rind and juice; boil until reduced by half, 30 seconds.

Stir in beets; cook, covered and stirring once, until heated through, about 4 minutes. Sprinkle with dark green parts of green onions.

PER SERVING: about 147 cal, 3 g pro, 7 g total fat (1 g sat. fat), 20 g carb, 4 g fibre, 0 mg chol, 687 mg sodium. % RDI: 4% calcium, 12% iron, 2% vit A, 18% vit C, 65% folate.

Spiced Beet and Carrot Salads

Prep: 15 minutes
Cook: 30 minutes **Chill:** 1 hour
Makes: about 2 cups (500 mL) each salad or 8 servings

4 **beets** (1 bunch), 1 lb (500 g)
6 **carrots**
¼ cup (50 mL) **extra-virgin olive oil**
3 cloves **garlic,** minced
3 tbsp (45 mL) **wine vinegar**
2 tsp (10 mL) each **sweet paprika** and **ground cumin**
¼ tsp (1 mL) each **salt** and **pepper**
2 tbsp (25 mL) chopped **fresh parsley**

Leaving root end intact, trim greens from beets, leaving about 1-inch (2.5 cm) stem.

In saucepan of boiling salted water, cover and cook beets until fork-tender, 25 to 30 minutes. Drain and let cool. Slip off skins; cut beets into 1-inch (2.5 cm) cubes. Place in bowl.

Meanwhile, peel and cut carrots into ½-inch (1 cm) thick coins. In separate saucepan of boiling salted water, cover and cook carrots until tender, about 5 minutes. Drain and place in separate bowl.

In small skillet, heat oil over medium-high heat; sauté garlic until softened.

Add vinegar, paprika, cumin, salt and pepper to skillet; cook for 2 minutes. Divide evenly between beets and carrots; toss to coat. Refrigerate until cold, about 1 hour.

Toss 1 tbsp (15 mL) each parsley with beets and carrots. Serve at room temperature.

PER SERVING: about 110 cal, 2 g pro, 7 g total fat (1 g sat. fat), 11 g carb, 3 g fibre, 0 mg chol, 376 mg sodium. % RDI: 3% calcium, 9% iron, 141% vit A, 8% vit C, 20% folate.

Maple Mustard Carrots

Prep: 8 minutes
Cook: 8 minutes
Makes: 4 servings

1½ lb (750 g) **carrots,** peeled and sliced diagonally
2 tbsp (25 mL) **maple syrup**
1 tbsp (15 mL) **Dijon mustard**
¼ tsp (1 mL) each **salt** and **pepper**
2 tbsp (25 mL) **butter**
1 tbsp (15 mL) chopped **fresh thyme**

In large saucepan, bring ¾ cup (175 mL) water, carrots, maple syrup, mustard, salt and pepper to boil; cover and cook over medium heat until almost tender, 5 to 7 minutes.

Uncover and cook over high heat, stirring often, until tender and no liquid remains, 3 to 4 minutes. Remove from heat; stir in butter and thyme.

PER SERVING: about 126 cal, 1 g pro, 6 g total fat (4 g sat. fat), 18 g carb, 4 g fibre, 15 mg chol, 311 mg sodium. % RDI: 5% calcium, 6% iron, 226% vit A, 8% vit C, 8% folate.

Pickled Beets

Prep: 15 minutes
Cook: 1 hour
Makes: four 2-cup (500 mL) jars

3½ lb (1.75 kg) small **red beets**
2½ cups (625 mL) **cider vinegar**
1 cup (250 mL) **water**
½ cup (125 mL) **granulated sugar**
2½ tsp (12 mL) **pickling salt**
4 tsp (20 mL) **mustard seeds**
4 each **whole star anise** and **cloves**
2 tsp (10 mL) **whole black peppercorns**
2 tsp (10 mL) **coriander seeds**

In large saucepan of boiling water, cook beets until tender, 25 to 30 minutes. Drain and let cool. Trim ends and roots; slip off skins. If beets are larger than 1½ inches (4 cm), cut in half or quarter. Set aside.

In large saucepan, bring vinegar, water, sugar and salt to boil; boil until sugar and salt are dissolved, about 5 minutes.

Into each of four 2-cup (500 mL) wide-mouth canning jars, place 1 tsp (5 mL) mustard seeds, 1 star anise, 1 clove and ½ tsp (2 mL) each black peppercorns and coriander seeds. Tightly pack in beets to within ¾ inch (2 cm) of rim. Add hot vinegar mixture to cover beets, leaving ½-inch (1 cm) headspace.

Cover with prepared lids. Screw on bands until resistance is met; increase to fingertip tight. Boil in boiling water canner for 30 minutes. (See Canning Basics, page 94.)

PER BEET: about 20 cal, 1 g pro, 0 g total fat (0 g sat. fat), 5 g carb, 1 g fibre, 0 mg chol, 105 mg sodium. % RDI: 2% iron, 2% vit C, 11% folate.

Sesame Wilted Beet Greens

Prep: 5 minutes
Cook: 6 minutes
Makes: 2 or 3 servings

1 tbsp (15 mL) **sesame seeds**
8 cups (2 L) loosely packed **beet greens** (2 bunches)
1 tsp (5 mL) **extra-virgin olive oil**
1 clove **garlic,** minced
1 tsp (5 mL) grated **gingerroot**
Pinch **salt**
½ tsp (2 mL) **sesame oil**

In small skillet, toast sesame seeds over medium heat until golden, about 3 minutes; set aside.

Trim stems from small beet greens or remove centre rib from large beet greens.

In large skillet, heat oil over medium-high heat; cover and steam beet greens, garlic, ginger and salt until wilted, about 3 minutes. »



Jardinière (recipe, page 91)

Drizzle with sesame oil; sprinkle with reserved sesame seeds.

PER EACH OF 3 SERVINGS: about 60 cal, 3 g pro, 4 g total fat (1 g sat. fat), 5 g carb, 2 g fibre, 0 mg chol, 173 mg sodium. % RDI: 8% calcium, 11% iron, 36% vit A, 30% vit C, 6% folate.

VARIATIONS

Lemon Wilted Beet Greens

Omit sesame seeds, olive oil, ginger and sesame oil. In large skillet, heat 1 tbsp (15 mL) butter over medium-high heat; cook beet greens, garlic and salt as directed. Drizzle with 1 tbsp (15 mL) lemon juice.

Balsamic Wilted Beet Greens

Omit sesame seeds, ginger and sesame oil. In large skillet, heat olive oil over medium-high heat; cook beet greens, garlic and salt as directed. Drizzle with 1 tbsp (15 mL) balsamic vinegar.

Roasted Beets and Garlic

Prep: 10 minutes
Cook: 1½ hours
Makes: 4 servings

- 2 heads **garlic**
- 6 medium **beets** (about 1¼ lb/625 g)
- 1 tbsp (15 mL) **extra-virgin olive oil**
- 1 tbsp (15 mL) chopped **fresh tarragon**
- ¼ tsp (1 mL) each **salt** and **pepper**

Separate garlic cloves from head and peel. Wrap garlic and beets in foil or place in covered casserole dish; roast in 375°F (190°C) oven until tender, about 1½ hours. Let cool enough to handle. Slip skins off beets; cut into wedges. Set garlic and beets aside.

Meanwhile, in large skillet, heat oil over medium heat; cook tarragon, salt and pepper, stirring.

Add beets and garlic; toss gently to coat. Heat through, about 2 minutes.

PER SERVING: about 120 cal, 4 g pro, 4 g total fat (1 g sat. fat), 20 g carb, 3 g fibre, 0 mg chol, 231 mg sodium. % RDI: 6% calcium, 10% iron, 1% vit A, 18% vit C, 40% folate.

Carrot Pickle

Prep: 10 minutes **Stand:** 30 minutes
Cook: 20 minutes
Makes: four 2-cup (500 mL) jars

- 3 lb (1.5 kg) **carrots**
- 4 small **hot red peppers**
- ¼ cup (50 mL) **pickling salt**
- 2 tbsp (25 mL) **black mustard seeds**
- 1 tbsp (15 mL) **coriander seeds**
- 1 tbsp (15 mL) **cumin seeds**
- 8 thin slices **gingerroot**
- 4 cloves **garlic,** peeled
- 2 tbsp (25 mL) **black peppercorns**
- 1½ cups (375 mL) each **white vinegar** and **water**
- ½ cup (125 mL) **granulated sugar**
- 2 tbsp (25 mL) **lemon juice**

Peel and trim carrots; cut into 3½-inch (9 cm) sticks. Cut slit lengthwise in hot peppers.

Place half each of the carrots and peppers in large bowl. Sprinkle with 1 tbsp (15 mL) pickling salt. Layer remaining carrots and peppers on top. Fill bowl with cold water. Place plate on top and weigh down to submerge; let stand for 30 minutes or for up to 1 hour. Drain and rinse well. Set aside.

In dry skillet, toast mustard, coriander and cumin seeds over medium heat until fragrant, about 1 minute. Set aside.

Into each of four 2-cup (500 mL) canning jars, pack 1 hot red pepper, 2 slices ginger, 1 clove garlic and one-quarter of the carrot sticks.

In saucepan, bring remaining salt, peppercorns, reserved toasted seeds,

vinegar, water, sugar and lemon juice to boil; boil for 5 minutes. Strain into jars, leaving ½-inch (1 cm) headspace.

Cover with prepared lids. Screw on bands until resistance is met; increase to fingertip tight. Boil in boiling water canner for 10 minutes. (See Canning Basics, page 94.) Let stand for 2 weeks before opening.

PER CARROT: about 4 cal, 0 g pro, 0 g total fat (0 g sat. fat), 1 g carb, trace fibre, 0 mg chol, 93 mg sodium, 15 mg potassium. % RDI: 11% vit A.

Carrot and Daikon Pickles

Prep: 20 minutes
Cook: 1 minute **Chill:** 48 hours
Makes: 6 cups (1.5 L)

2 cups (500 mL) each **carrot** sticks and peeled **daikon radish** sticks (2 x ¼ inch/5 cm x 5 mm)
1 cup (250 mL) **English cucumber** sticks (2 x ¼ inch/5 cm x 5 mm)
1 **hot red pepper,** thinly sliced
1 clove **garlic,** minced

PICKLING BRINE:
1½ tsp (7 mL) each **black peppercorns** and **coriander seeds**
1½ cups (375 mL) **rice vinegar**
1 cup (250 mL) **granulated sugar**
1 cup (250 mL) **water**
¼ cup (50 mL) **fish sauce**

In large bowl, mix carrots, daikon, cucumber, hot red pepper and garlic; transfer to 6-cup (1.5 L) jar.

PICKLING BRINE: Place peppercorns and coriander seeds in square of cheesecloth; tie together in bundle. Add to jar.

In saucepan, bring vinegar, sugar, water and fish sauce to boil; boil until sugar is dissolved. Pour into jar; let cool until room temperature. Seal and refrigerate for 2 days before using. Store in refrigerator for up to 2 weeks.

PER ¼ CUP (50 ML): about 25 cal, trace pro, trace total fat (0 g sat. fat), 6 g carb, 1 g fibre, 0 mg chol, 127 mg sodium, 77 mg potassium. % RDI: 1% calcium, 1% iron, 18% vit A, 8% vit C, 2% folate.

Jardinière

Prep: 20 minutes
Cook: 15 minutes
Makes: about six 2-cup (500 mL) jars

3 cups (750 mL) **pearl onions**
4 cups (1 L) **white vinegar**
2 cups (500 mL) **granulated sugar**
1 tbsp (15 mL) each **pickling salt, celery seeds** and **mustard seeds**
1 tsp (5 mL) **peppercorns**
3 **bay leaves**
1 lb (500 g) **green beans,** cut into 2-inch (5 cm) lengths
2 **zucchini,** sliced
3 cups (750 mL) **cauliflower florets**
2 cups (500 mL) thickly sliced **carrots**

In saucepan of boiling water, blanch onions for 30 seconds. Immerse in cold water; drain and peel. Set aside.

In saucepan, bring vinegar, sugar, salt, celery seeds, mustard seeds, peppercorns and bay leaves to boil; boil for 5 minutes.

Add beans, zucchini, cauliflower, carrots and onions; return to boil. Remove from heat. Discard bay leaves.

Into six 2-cup (500 mL) canning jars, tightly pack vegetables to within ¾ inch (2 cm) of rim. Pour in vinegar mixture, leaving ½-inch (1 cm) headspace.

Cover with prepared lids. Screw on bands until resistance is met; increase to fingertip tight. Boil in boiling water canner for 10 minutes. (See Canning Basics, page 94.)

PER ¼ CUP (50 ML): about 31 cal, 1 g pro, trace total fat (0 g sat. fat), 8 g carb, 1 g fibre, 0 mg chol, 90 mg sodium. % RDI: 1% calcium, 1% iron, 9% vit A, 7% vit C, 4% folate.

STORING ROOTS

Planting and harvesting a late crop of root vegetables means you will have fresh vegetables well into winter, provided you store them properly. To save room in the freezer for other, more tender vegetables, store root vegetables the pioneer way. Here's how.
•Leave root vegetables in the ground until the first signs of a deep, heavy frost (as late as mid-November in some areas).
•Dig up and brush dirt from skins; do not clean with water. Store only those that are free of blemishes or signs of insect damage.
•Trim tops of beets, carrots, turnips and rutabaga to 1 inch (2.5 cm) long.
•Store in dry, cool and dark place. Some options include a clean garbage can filled with straw; a sawdust-filled box in a dark basement; or, if you are lucky enough to have one, a root cellar.
•Keep vegetables dry. Check periodically for any rotting roots; throw these vegetables away to prevent spoilage of others.

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Freezing Vegetables

There comes a point during harvest when you have had your fill of whatever vegetable is taking over at the moment. Whether it's beans or zucchini, one more bite and you or a family member might swear off it forever (in spite of the delicious garden-fresh taste). To prevent waste and to prolong your harvest into the winter months, freeze vegetables for up to six months. Here's how.

PEAS AND BEANS

Shell peas depending on variety. Blanch in boiling water for 1½ minutes. Cool completely in ice-water bath. Drain and arrange in a single layer on baking sheet; freeze for 30 minutes. Transfer to resealable freezer bags; remove air, seal, label and freeze.

SUMMER SQUASH

Without peeling, slice into 1-inch (2.5 cm) pieces. Blanch in boiling water for 1 minute. Cool completely in ice-water bath. Drain and arrange in a single layer on baking sheet; freeze for 30 minutes. Transfer to resealable freezer bags; remove air, seal, label and freeze.

TOMATOES

Score an X in bottom of each tomato. Blanch in boiling water for 20 seconds. Peel off skin. Transfer, whole or chopped, to resealable freezer bags; remove air, seal, label and freeze.

PEPPERS

Wash, seed and halve or slice. Place in resealable freezer bags, remove air, seal, label and freeze.

ROOT VEGETABLES

Peel, chop and cook in boiling water until tender-crisp, 3 to 6 minutes, depending on size and type. Cool completely in ice-water bath. Drain and arrange in a single layer on baking sheet; freeze for 30 minutes. Transfer to resealable freezer bags; remove air, seal, label and freeze.



FREEZER BASICS

- To run your freezer efficiently, keep it at least three-quarters full, leaving space for air to circulate.
- Label and mark items with best-before dates; rotate them in the freezer, moving those with the longest storage time to the rear.
- To prevent freezer burn when using resealable bags, place vegetables in bag and press out as much air as possible, sealing all but one corner of bag. Insert drinking straw and suck out any remaining air before sealing completely.
- Freeze vegetables in small portions, using 1- to 2-cup (250 to 500 mL) containers, to ensure that they freeze quickly (plus they are in convenient portions.)
- Always thaw items in the refrigerator, never on the counter.

Canning Basics

Tip: If you don't have a boiling water canner, you can use a large, deep saucepan with a lid and rack. The saucepan must be large enough to be able to immerse jars in water, ideally at least 3 inches (8 cm) deeper than jars. The rack keeps jars away from the bottom of the pan. You can use a cake cooling rack, or you can tie together extra screw bands to cover the bottom of the pot.

- About 30 minutes before filling jars, cover and start heating boiling water canner that is two-thirds full of hot water.
- Use only new lids and canning jars that are free of nicks and cracks. Ten minutes before filling, place jars in canner rack; heat to hot but not boiling (180°F/82°C).
- Just before filling jars, set screw bands aside and heat lids in small saucepan of hot but not boiling water (180°F/82°C) until sealing compound is softened.
- Fill hot jars using nonmetallic funnel and ladle and leaving recommended headspace.
- Insert nonmetallic utensil between preserve and jar a few times to remove air bubbles. Readjust headspace if necessary.
- Wipe rims with damp paper towel if necessary.
- Centre lids on jars. Screw on bands until resistance is met; increase to fingertip tight.
- Return jars to canner. Add boiling water to cover by at least 1 inch (2.5 cm). Cover and return to boil; boil for specified time.
- Turn off heat. Uncover and let jars stand in canner for 5 minutes. (Removing jars too early may cause leakage due to change in pressure.)
- Lift up rack with jars. With canning tongs, transfer jars to rack to cool and set for 24 hours.
- Check that lids curve downward. Refrigerate any that do not and use within three weeks.
- Label and store jars in cool, dry, dark place for up to one year.



Index

SALADS & DRESSINGS

SAUCES

SOUPS & SANDWICHES

VEGETABLES

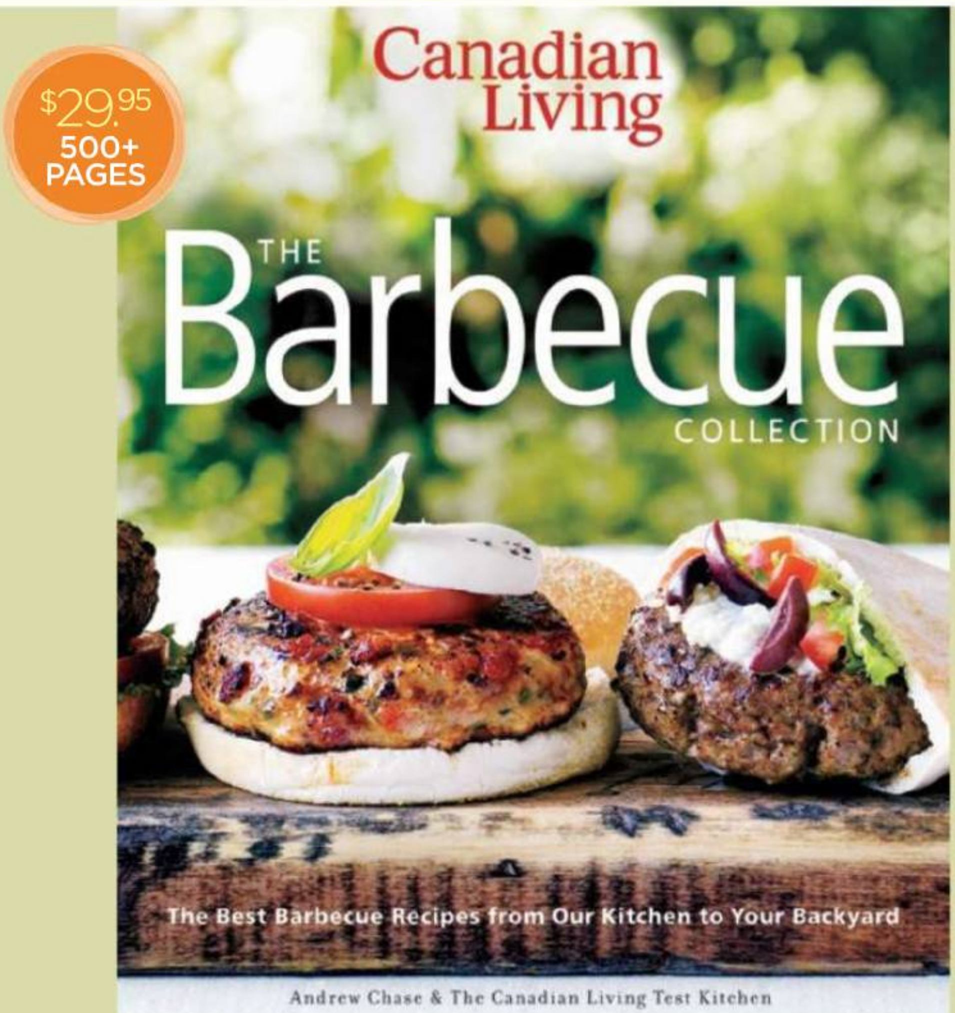






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